BEST FOR ON DEMAND & SKY

MORE CHANNELS THAN ANY OTHER TV MAG!

4-10 JULY 2026

TV & Streaming week

NEW

UNACCEPTABLE

Ed Gamble on his outrageous panel show

EXCLUSIVE!

Trying

Rafe Spall and **Esther Smith** reveal the family turmoil as the hit comedy returns

NEW

LITTLE HOUSE ON THE PRAIRIE

The much-loved pioneer saga gets a Netflix reboot

LIVE!

BRITISH GRAND PRIX

Can a Brit driver take the chequered flag?

HotList This week's 28

Saturday 4

Bugonia

***COMEDY** Sky Premiere, 10.25am & 8pm*

Jesse Plemons (above) is brilliant in this twisted comedy as a conspiracy theorist who is convinced that a high-powered CEO (Emma Stone) is an alien. *See review, page 22*

Nations Championship

***RUGBY UNION** ITV1 & ITV4*

The new northern hemisphere v southern hemisphere tournament starts today. Among the games are Fiji v Wales (2.10pm), South Africa v England (4.40pm) and Argentina v Scotland (8.10pm). *See Sport Week, page 29*

Tour de France

***CYCLING** TNT Sports 1 & HBO Max, 3.30pm*

The cycling event starts today with a 19.6km team time trial through the city of Barcelona, past sights including the recently finished Sagrada Familia. Continues all week. *See Sport Week, p27*

50 American Music Icons at the BBC

***MUSIC** BBC2, 9pm*

As the US celebrates 250 years of independence, enjoy performances from 50 big names in American music, including Bruce Springsteen (above) and Beyoncé.

Full listings start on **p35**

Sunday 5

Hammerhead Sharks Up Close with Bertie Gregory

***DOCUMENTARY** Disney+*

Film-maker Bertie Gregory (above) goes in search of the ocean predator. Also airing on Mon, 8pm, National Geographic WILD. *See Documentaries, page 18*

F1: British Grand Prix

***MOTORSPORT** C4, Sky One, Sky Sports Main Event & Sky Sports F1, race starts 3pm*

It's been 24 years since the UK has had five drivers racing at the same time, which will make this home race at Silverstone a historic one. *See Sport Week, page 26*

Women's T20 World Cup Final

***CRICKET** Sky Sports Cricket & Sky Sports Mix, play starts 3.30pm*

The final takes place at Lord's, where reigning champions New Zealand (above) will be hoping to defend their crown.

Unacceptable

***ENTERTAINMENT** TLC, Really, Quest & DMAX, 9pm*

Ed Gamble (above) hosts this brand-new panel show in which comedians take turns to defend a wildly unpopular opinion. *See feature, page 10*

Full listings start on **p45**

Monday 6

Expert Witness

***DOCUMENTARY** BBC1, 10.45am*

The true-crime series returns, with experts in all sorts of fields – from insect and soil specialists to tech analysts – talking about how their knowledge has helped to solve complex cases. Continues all week.

Go Get Arty

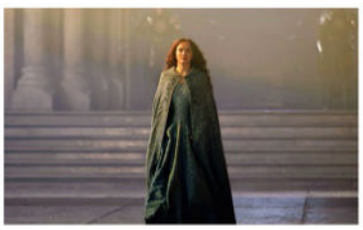
***FACTUAL** CBBC, 5.45pm*

The Kwapong family and sidekick Bristles (voiced by Harry Hill, above) are back for a second series of this art show that includes guest appearances by James Acaster, Roisin Conaty and Alex Horne. Continues all week.

Law & Order: Special Victims Unit

***CRIME DRAMA** Sky Witness, 9pm*

The team have their work cut out in tonight's episode when they are confronted by a famous author and have trouble determining what's fact and what's fiction.



House of the Dragon

***FANTASY DRAMA** Sky Atlantic, 9pm, & HBO Max*

Things do not look good for Alicent (Olivia Cooke, above) as she's being held captive by Rhaenyra. Will Lord Ormund Hightower come to her rescue? *See feature, page 8*

Full listings start on **p55**

Tuesday 7

Wimbledon

***TENNIS** BBC1, BBC2 & BBC iPlayer, times vary*

As the wheelchair events begin, Britain's Alfie Hewett (above) will be aiming to regain his title, while women's champ Wang Ziying also faces tough competition. Continues all week.

Best Medicine

***COMEDY DRAMA** Sky One, 8pm*

On the eve of the annual blueberry festival, which brings out the town's competitive spirit, Martin treats a local man who has pulled a full Violet Beauregarde and turned blue.

Faithless

***DRAMA** Sky Atlantic, 9pm & 10pm (box set, Sky Box Sets & NOW)*

Swedish drama. Decades after an affair tore their families apart, a director and his former lover reunite to confront the ghosts of their past. *See feature, page 7*

Suddenly Amish

***REALITY** TLC, 10pm (box set, Discovery+)*

How do you think you'd fare without mod cons? That's the challenge facing six people leaving behind modern-day life to embrace the discipline of the Amish community.

● ***Previously shown on Discovery+***

Full listings start on **p65**

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best shows

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Wednesday 8

Trying
***COMEDY** Apple TV*
As the comedy returns for a fifth series, family life is thrown into chaos after Princess and Tyler's biological mother Kat (Charlotte Riley) unexpectedly shows up on their doorstep. *See feature, page 4*

Shifting Gears
***COMEDY** Disney+*
Tim Allen is back as Matt Parker, the widowed owner of a car workshop. As the series begins, we find him and daughter Riley (Kat Dennings) wrestling with romantic feelings. *See Your Watchlist, page 14*

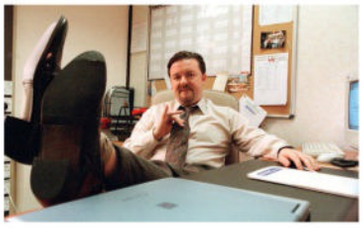
Katie Price: Nothing to Hide
***DOCUMENTARY** Sky Documentaries, 9pm (box set, Sky Box Sets & NOW)*
This docuseries about Katie Price (above) tracks her three decades in the public eye, probing the harsh realities of fame.

How to Get Filthy Rich
***DOCUMENTARY** C4, 9pm*
Ex-City trader turned campaigner Gary Stevenson (above, right) explores the fast-growing divide between the rich and the poor in Britain, before looking at how the economic system could be changed.

Full listings start on **p75**

Thursday 9

Little House on the Prairie
***DRAMA** Netflix*
This beautifully shot remake follows the Ingalls family after they decide to pack their wagon and embark on a journey to build a new life on the American frontier. *See Your Watchlist, page 12*



The Office
***COMEDY** All episodes on BBC iPlayer*
On 9 July 2001, we first met Ricky Gervais' David Brent (above). Twenty-five years later, relive the whole cringefest. Also catch *Mackenzie Crook and Martin Freeman Remember The Office* (Wed, 10pm, BBC2).

World Cup: Quarter-final
***FOOTBALL** BBC1 or ITV1, kick-off 9pm*
The tournament reaches the final eight, with the first quarter-final taking place in Boston. Brazil failed to progress further than this stage in 2022, losing to Croatia on penalties – could this be their year?

Who Do You Think You Are?
***DOCUMENTARY** BBC1 or BBC2, 9pm*
The genealogy series resumes tonight with *Doctor Who* actor and disability activist Ruth Madeley (above) unearthing a long-buried family mystery involving a secret adoption.

Full listings start on **p85**

Friday 10

The Charlie Brown and Snoopy Show
***ANIMATION** Apple TV*
Join Charlie Brown, Snoopy and the rest of the *Peanuts* gang for their iconic, vintage adventures as the classic 1980s series arrives on the streaming service.

Wicked: For Good
***MUSICAL** Sky Premiere, 7.25am & 6pm*
Return to Oz for the finale of the musical showstopper. Cynthia Erivo and Ariana Grande (both above) are back as Elphaba and Glinda, whose friendship faces a gravity-defying test. *See review, page 20*

England Women v India Women: One-off Test
***CRICKET** Sky Sports, play starts 11am*
Fifty years after Rachael Heyhoe Flint led out an England women's team at the venue, history is made once again as Lord's hosts its first-ever women's Test match.

Austin
***COMEDY** BBC1, 10.40pm & 11.05pm (or 11.10pm & 11.40pm if football) (box set, iPlayer)*
The comedy returns for a second series. As Austin (Michael Theo) grapples with fame, his dad Julian (Ben Miller) faces fresh career humiliation. *See feature, p6*

Full listings start on **p95**

There's plenty to enjoy in this week's issue of *TV&Streaming Week*. Two of our favourite comedies, Apple TV's *Trying* and BBC1's *Austin*, are back with new seasons, along with a reimagined Netflix version of 1970s classic *Little House on the Prairie* as the Ingalls family seek to build a new life in the forbidding landscape of the American West.

It's also a bumper week for sport. Don't miss our in-depth interview with C4's David Coulthard ahead of the British Grand Prix at Silverstone, while 5's Rebecca Charlton gives us the low-down on the Tour de France.

Enjoy your TV week.

Claire Ruck, Editor-in-Chief

4 Cover story
Rafe Spall and Esther Smith star in the fifth season of *Trying*

6 TV Week
Michael Theo is back in hit comedy *Austin*, Ed Gamble hosts new panel show *Unacceptable*, the latest action from *House of the Dragon*, plus Swedish drama *Faithless*

9 Soap diary
This week's top stories

12 Your Watchlist
Including Netflix's reboot of *Little House on the Prairie*

18 Documentaries
Featuring *Hammerhead Sharks Up Close with Bertie Gregory*

20 Films
Ariana Grande and Cynthia Erivo star in *Wicked: For Good*

26 Sport
British Grand Prix, Tour de France and the Nations Championship

35 TV guide
Day-by-day TV listings

105 Next week, Puzzle

106 Coming Soon

ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: APPLE TV, COURTESY OF NETFLIX, TLC UK/ROB PARFITT, AFP VIA GETTY IMAGES, GETTY IMAGES, NURPHOTO VIA GETTY IMAGES. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: GETTY, DISNEY+

From left: Tyler, Jason, Nikki and Princess

NEW FROM tv

EXCLUSIVE!

Relative CHAOS

Rafe Spall and Esther Smith navigate new family dynamics as the adoption comedy returns

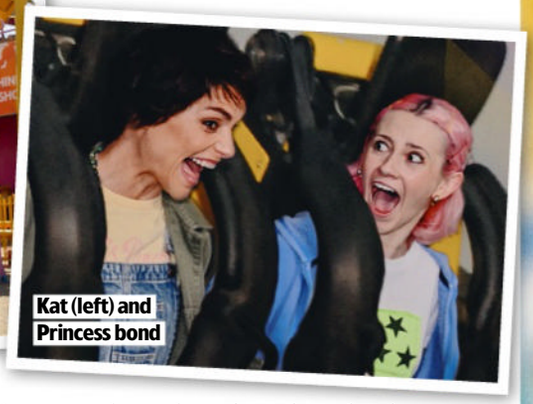
The cast of *Trying*

NEW COMEDY

Trying

From Wed 8 July, Apple TV (released weekly)

Spall and Smith as Jason and Nikki



Kat (left) and Princess bond

While balancing the delicate nuances of adoption with the messy, uproarious reality of parenting, endearing comedy *Trying* has blossomed into a quintessential comfort watch since it first charmed Apple TV audiences in 2020.

However, just when lovable London couple Nikki (Esther Smith) and Jason (played by Smith's real-life partner, Rafe Spall) thought they had parenting sorted, Season 4 brought a bombshell cliffhanger with the sudden arrival of their adopted children's biological mother, Kat (Charlotte Riley), at their Camden home.

The fifth, eight-part season picks up in the aftermath, with Princess (Scarlett Rayner) eager to bond with her birth mum, while Tyler (Cooper Turner) isn't that fussed. Behind closed doors, however, Nikki is fretting about where she fits into the chaotic family dynamic as she also juggles a new managerial job and Jason dives head first into his studies as a social worker.

ROLLERCOASTER RIDE

'Season 5 kicks off a few weeks after Kat turns up. There's been a big fallout between Princess and Nikki about it, but we're all about to go on a big family trip with Kat to a theme park,' Smith, 39, tells *TV&Streaming Week* during an exclusive chat. 'We're all trying to navigate having this new person in our life who's obviously important to Princess and Tyler, but it makes for an interesting dynamic between Nikki, Jason and Kat.

'Even though Nikki's got her family now, she always feels the threat of it being taken away from her – and now there's a birth parent in the mix! How do you navigate that? There's inevitably emotions of not feeling enough, and Nikki has to dig deep to bring out her empathy towards Princess and not let her own feelings get in the way. It's a delicate situation.'

'Nikki has to dig deep to not let her own feelings get in the way'

ESTHER SMITH

Regulars including Sian Brooke and Darren Boyd return as Nikki's formidable sister, Karen, and eccentric brother-in-law, Scott, along with Phil Davis as Jason's practical dad, Vic. But several guest stars will be popping in, too (see panel, below).

Look out for *Merlin* star Colin Morgan as Nikki's charismatic new co-worker, and *Last One Laughing*'s Gbemisola Ikumelo as a weary social worker. *Hullraisers*' Leah Brotherhead and *Attack the Block*'s Danielle Vitalis also guest star, and don't miss an appearance from *The Thursday Murder Club*'s Celia Imrie as dedicated hoarder Harriet.

'Every season, we've had great British film, TV and theatre veterans join us,' says Spall, 43. 'It's a testament to the quality of the show and the writing that it attracts these great people to come in and do an episode.

'The series has naturally evolved from being a comedy about adoption to being a family comedy. The fact that creator Andy Wolton was adopted makes him able to write this material with such authority and knowledge, something that's very important to the adoption community, who are huge fans of our show.'

During six years of filming, viewers have frequently reached out to the cast to share their stories, citing the show's unique ability to capture the emotional complexities of the adoption process, as well as parenting in its many forms.

SIGNIFICANT OTHERS

'This show has been such a profound experience in a way that I didn't expect,' says Smith. 'It's always such a privilege when people share their precious journeys with me because of how the show has allowed them to feel seen or represented somehow.

'I go into each season with that in mind, thinking, "It's entertainment, but there's also a responsibility because it means something specific to some people." I feel so lucky to be part of the show and it shows that whatever life throws at you, you've just got to strap in because things do change.'

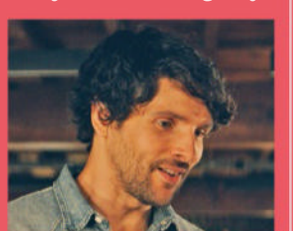
Smith is also navigating her own personal milestone after welcoming her first child with co-star Spall in 2024. But has becoming a parent reshaped how she relates to her deeply devoted, quirky character?

'I became a mother during the filming of Season 4, when Nikki and Jason were fully parenting themselves, so I feel it's something Nikki and I have shared together in our life journeys,' smiles Smith. 'It's nice to be able to relate to her on that level and understand the responsibility of what it means to be a mother. Even if we've come to it in different ways, it means the same thing.'

JOINING THE CAST...

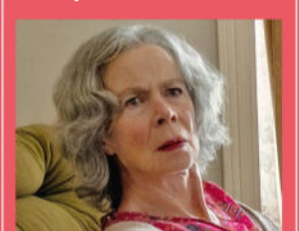
Kerry
Colin Morgan

Nikki's charming, confident colleague is a welcome distraction from her domestic dramas when she begins a new job at a travel agency.



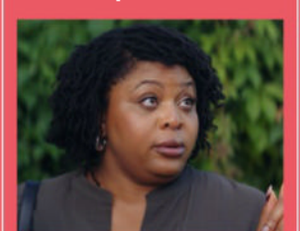
Harriet
Celia Imrie

An obstinate, compulsive hoarder who receives a visit from Jason during his social-worker training. Can he help declutter her life?



Chrissy
Gbemisola Ikumelo

The ground-down social worker mentors Jason on a home visit to Harriet. Will she whip him into shape or crush his spirit?



Mia
Danielle Vitalis

A student on Jason's course, she has some wise words for him when he tries to teach the younger generation about the joys of a night out.

Laurie
Leah Brotherhead

An old university friend of Jason's who is tying the knot in Tuscany. But Nikki and Jason are in a pickle over their invitation...

WORDS: REBECCA MAHONEY PHOTOS: APPLE TV

Austin's powers

Michael Theo returns as an autistic young man finding his way in the world

'Austin breaks bad, basically, and Michael is hilarious playing his evil alter ego'

BEN MILLER

Stars Sally Phillips, Michael Theo and Ben Miller

NEW COMEDY

Austin

Friday, 10.40pm & 11.05pm (times vary), BBC1 (box set, BBC iPlayer)

Ben Miller as Julian

Warm-hearted comedy *Austin* returns to BBC1 this week for a new eight-part series.

In last year's opening season, we followed successful children's author Julian Hartswood (Ben Miller) on a book tour of Australia, where he met Austin (Michael Theo), the autistic son he never knew he had.

Julian was initially reluctant to accept he had a long-lost child, but after getting 'cancelled' following a controversial social-media post, he decided Austin's autism might help rehabilitate his public image.

'Being cancelled seems to mean different things to different people,' says Miller, who co-created the series. 'Name one person who's been cancelled, and everyone would have a different opinion about whether they should, or in fact, have been. It's a thing worth making fun of. Anything we're supposed to be frightened of, we should make fun of.'

Julian is still blacklisted as the second season begins, but he's slowly built a connection with his son after inviting him to Britain to stay with him and his wife Ingrid (Sally Phillips), who illustrates his bestselling Big Bear books.

This week's opener picks up after the cliffhanger ending to the first season, which saw Julian receiving the results of a DNA test he'd had done in order to confirm Austin's parentage.

When the results reveal they aren't related, Julian is left with mixed feelings. But when they set off together to Northampton to find Austin's real father, it turns out to have been a huge mix-up. With that crisis resolved, Austin then reveals his dream of following in Julian's footsteps and becoming an author by writing *An Autistic Guide to Britain*.

When his work is quickly picked up by an international publisher, Austin falls under the professional spell of his new agent Greta (Claire Lovering), showing an unlikeable side to him that shocks his family.

'With the first season, we wanted to build stories from Michael Theo's real-life experiences, to reflect stuff he's been through, such as bullying,' explains Miller. 'With the second season, we lean more into Michael as an actor. Austin breaks bad, basically, and Michael is hilarious playing his evil alter ego.'

A third season of the show is already in production, which is welcome news for Miller. After co-creating the sitcom, the *Professor T* star was involved in every step of its development, and was overjoyed when it proved a hit in both Australia and Britain.

MASS APPEAL

'I don't think you ever open a new show without wondering how it's going to go down,' he says. 'With *Austin*, it was even more scary because of how invested we all were in it, so it was a huge relief when it was well-received.'

The action is set to shift back to Australia in later episodes, with the third season also being filmed in Britain and Down Under – with the cast members often helping each other out with accommodation during filming.

'Michael came to stay with me when we were filming in Britain for this series,' explains Phillips. 'He had a list of things he wanted to do. I took him to the Science Museum in London and we saw the early steam engines – he was very excited by that. I don't know why we went to Clapham Junction, but he was excited by that, too. We also went round lots of cheese shops and Ben took him to Aardman's studios, which he loved.'

Julian, Austin and Ingrid have an encounter with the law

● ***Broadcast times may vary due to World Cup coverage***

Stars Lindh and Gustavsson

Cheating hearts

A secret love affair causes tragedy in a Swedish drama...

NEW DRAMA

Faithless

Tuesday, 9pm & 10pm, Sky Atlantic (box set, Sky Box Sets & NOW)

Acclaimed Swedish film-maker Ingmar Bergman's steamy 2001 infidelity film *Faithless*, loosely based on his own experiences of adultery, has been reimagined for an equally raunchy six-part series that begins this week on Sky Atlantic.

Set across two timelines, the subtitled tale of lust and betrayal begins in 1977 as aspiring actor Marianne (Frida Gustavsson, *Vikings: Valhalla*) begins an affair with her husband Markus' friend, struggling film director David (*Industry*'s Gustav Lindh), triggering devastating consequences.

Meanwhile, in the present day, an ageing David, now in his 70s and consumed by regret, reunites with Marianne (Lena Endre, who played the young Marianne in the film version). Tragically, Marianne has been admitted to a psychiatric hospital after attempting to take her own life, something that forces the pair to reflect on the 40-year emotional fallout of their forbidden love and the damage it caused.

David and Marianne

'I was such a big fan of the film,' explains Swedish star Gustavsson, who's also appeared in *The Witcher*. 'The change in our *Faithless* is that the film took place in one time and is an old man reminiscing on his life. Here, you get to see the real-world consequences, especially in the characters' children.'

Meanwhile, as the series continues and Marianne and David's betrayal is exposed, Markus (August Wittgenstein, *Das Boot*) seeks a divorce and claims custody of his young daughter Isabelle, and a tragic incident shatters all their lives.

'We go into very heavy territory,' explains Gustavsson. 'Marianne takes quite a big emotional and physical hit from all the negative things that have happened, and we have a scene towards the end that was very difficult to get through.

'But we're dealing with subjects that many have experienced. Everyone's been hurt or has hurt someone and has regrets about something they've done.'

WORDS: HANNAH DAVIES, SEAN MARLAND. PHOTOS: BBC, SKY

Crown of tears

Olivia Cooke on Alicent Hightower's world imploding

Alicent is now a prisoner

FANTASY DRAMA

House of the Dragon

From Monday 6 July, HBO Max (ep 3 of 8; released weekly); & Monday, 9pm, Sky Atlantic

Queen Alicent Hightower effectively ruled Westeros for years while her husband King Viserys I withered away on his deathbed. But the once-mighty Alicent has fallen a long way since then…

As Season 3 of the fantasy drama continues with its third episode, Alicent is now being held house prisoner in the Red Keep in King's Landing along with her daughter Helaena by her bitter enemy Rhaenyra Targaryen. Her eldest son, King Aegon II, has fled, while the fate of her second son, Aemond, is unknown after he went on a reckless mission to attack Harrenhal castle.

DESPERATE SITUATION

Alicent has been left impotent as she pleads for any crumbs of comfort she can get from Rhaenyra, who's unsure how much mercy she wants to show her one-time friend.

'Alicent has been depowered,' explains Olivia Cooke, who plays her. 'She's learning to live within that new reality and learn about who she is without that influence.'

But don't write off the plotting Hightowers quite yet. Lord Ormund Hightower, played by *Happy Valley* star James Norton, is set to become a major player as Season 3 continues (see panel, right). It's also unclear what part Alicent's youngest son, Prince Daeron, who has been brought up in Oldtown, will play.

'Lord Ormund is Alicent's cousin,' says Cooke, 32. 'The Hightower DNA runs though the character quite enormously. He is able to play the chessboard that is this world very well and he's out for blood and land and to claim what he thinks belongs to his family.'

Cooke first joined *House of the Dragon* midway through Season 1, taking over from Emily Carey as an older version of Alicent. And the Oldham-born actor has loved being part of her character's fluctuating fortunes – even when Alicent's son Aemond creepily kissed her in the first episode of the current run.

UNSETTLING MOMENT

'That was really distressing and shocking for Alicent and another event that has turned her world upside down,' says Cooke, whose

Rhaenyra (Emma D'Arcy)

WORDS: DAVID HOLLINGSWORTH, GRACE MORRIS. PHOTOS: BBC, HBO MAX, ITV, SKY, ADOBE STOCK

‘Alicent is learning to live within that new reality and learn about who she is’

OLIVIA COOKE

WESTEROS WARRIOR

After playing English monarch Harold Godwinson in BBC1’s historical drama *King & Conqueror* last year, James Norton is back in armour once more as he enters the fray as Lord Ormund Hightower, the cousin of beleaguered Queen Alicent.

This week’s episode opens with a gloating Daemon (Matt Smith) demanding that Ormund bend the knee to Rhaenyra (Emma D’Arcy) and surrender to his custody Alicent’s youngest son, Prince Daeron, a potential claimant to the Iron Throne.

Daemon has brought with him his fearsome collection of dragons and Ormund must decide whether today is the time to fight. Might there be a more cunning way he can play his cards?

‘Wearing that level of armour was brutal,’ says Norton, 40. ‘The costume designers do everything they can to make sure that what would have been very heavy steel is either plastic or aluminium, something light. But even when you’ve got everything as stripped down and as light as possible, it’s still so heavy.’

Olivia Cooke as Alicent

credits include *Slow Horses* and *Bates Motel*. ‘It was weird to act in that scene. Very odd indeed.’

With Alicent’s future looking so bleak, what advice would Cooke give her regal character if she could go back in time?

‘I’d say, “Don’t marry Viserys,”’ she smiles. ‘She should ask to go back to Oldtown and escape. Get her brother Gwayne to pick her up on a horse or something!’

Norton as Ormund

STORY OF THE WEEK

SOAP WEEK

This week’s soaps at a glance

Cain with Monty

EMMERDALE

Cain rescues Monty the dog from a terrifying fire!

» **The Dingles are** hit with more chaos when Cain swoops in to save Monty the dog from a horror blaze – but could this disaster be a turning point for the hardman?

Cain is furious after finding out that his son Kyle is the Emmerdale Farm arsonist and has also been confiding in Graham. This is Cain’s worst nightmare given Graham’s relation to the enemy Tate family, who have made their lives hellish.

When Kyle confronts Joe about his part in his mum Amy’s death, Cain and Moira are startled to see the teen so shaken. Cain warns the Tates to stay away from his son, but things turn dangerous when a spiralling Kyle sets fire to the shed, unaware Monty is inside.

Cain heroically frees the trapped pet from the flames and rushes him to the vet surgery, where Paddy reveals that Monty has cancer. Cain realises the irony in how much he wants to help Monty yet is refusing further treatment for his own cancer. Will this encourage Cain to change his mind and fight the disease?

There’s sad news about Monty

» **PLUS** Kev is accused of robbing the cafe as he tries to bond with Lewis, Bear freaks out when Caleb ignores a startling warning, and Moira is distrustful when Serena asks questions about Nate’s murder.

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Hope and Ruby track down Tyrone’s estranged dad Ross (above), a suspicious Glenda uncovers a shocking secret about Christina, Alfie is rushed to hospital due to Idris’ negligence, and Cassie proposes to Steve – but will he say yes?

EASTENDERS

» Honey stages a vigil (below), but Bea’s behaviour spirals out of control when she knocks Honey out and kidnaps her. Priya and Max have a close call, Kim worries her secret about Sheila will be exposed, and Eve struggles to bond with Ria.

LOOK WHO'S BACK...

A familiar face making a new appearance this week

Ruth Madeley

Who Do You Think You Are?

Thursday, 9pm, BBC1 or BBC2

Born in Bolton in 1987, actor and disability activist Ruth Madeley, who has spina bifida, was BAFTA-nominated for 2015's *Don't Take My Baby* (inset). She has also appeared in Russell T Davies' BBC1 drama *Years and Years* and BBC2's *Then Barbara Met Alan*. From 2023–25, she played UNIT's scientific adviser Shirley Anne Bingham in *Doctor Who*, and reprised the role in spin-off *The War Between the Land and the Sea* (2025).

HER NEW APPEARANCE

In this week's *Who Do You Think You Are?*, Madeley learns that her paternal grandmother Beatrice was born in a Manchester workhouse in 1914 to unmarried domestic servant Adelaide Osborne and then adopted. She also discovers that Adelaide's father, Henry, was imprisoned for embezzlement in 1893. 'We had no idea Beatrice was adopted,' says Madeley, 38. 'My dad thought we'd uncover a gold mine but instead he got an embezzler!'

● ***Broadcast channel may vary due to World Cup coverage***

Ruth Madeley

Figures of speech

Ed Gamble hosts a show in which celebrities make a case for contentious opinions

NEW ENTERTAINMENT

Unacceptable

Sunday, 9pm, TLC, Really, Quest & DMAX

Having earned his stripes as a guest on TV panel shows including *Mock the Week* and *Taskmaster*, Ed Gamble turns host for new series *Unacceptable*, in which top comedians must defend the indefensible.

In the opening episode, Romesh Ranganathan, Katherine Ryan, Roisin Conaty and Sophie Willan join the show's resident team captains Richard Ayoade and Joanne McNally to state the case for their wild, unwise or inappropriate opinions.

Relying on razor-sharp wit and persuasive punchlines, they must try to win over the studio audience, who'll be voting via the show's live 'swingometer'. The team with the biggest swing in support is the winner.

Here, Gamble, 40, tells us more…

How would you describe *Unacceptable*? It strikes a balance between light entertainment and saying the unsayable! It's a comedy show, so we're not out to upset anyone – but it's fun watching comedians scrabble around trying to justify what they're saying.

How do team captains Richard Ayoade and Joanne McNally compare? Richard and Joanne are very different captains. Joanne's very vocal and is good at geeing everyone up and bringing her team together, while Richard's very precise. There's not a wasted word with Richard. He'll think for a moment, then deliver the perfect line.

As host, is it easy to control other comedians? I've done a fair few panel shows and seen some brilliant hosts in action. Dara Ó Briain has this natural, warm authority on *Mock the Week*. When he wants to let a new comedian have their say, he'll hold a discreet palm out to whoever's talking and they'll settle down straight away. When I got this job, I thought, 'I'm gonna do that.' On the first episode we recorded, I soon realised I had no authority whatsoever!

Is the show's 'swingometer' rooted in science? Yes, because the entire audience votes twice.

Roisin Conaty

Sophie Willan

WORDS: CAREN CLARK, VICTORIA WILSON. RICHARD MCCLURE PHOTOS: BBC, GETTY, TLC

Joanne McNally, Ed Gamble and Richard Ayoade

Katherine Ryan

Romesh Ranganathan

First, they vote on the opinion, then we see the swingometer result. The comedian defends their case, and the audience votes again. Initially, 96% of the crowd might vote an opinion unacceptable – but once the comedian argues it, that number may drop. Katherine's take on vasectomies was so convincing, I almost went and got one myself!

Romesh looks uncomfortable trying to defend his opinion...
Romesh's opinion was that the royals should be paid more, which really prodded the audience. Often, we'll practically test these opinions, which puts the comedians in awkward situations. For Romesh, we brought out a nurse who'd just come off shift to see if he'd still defend his point that the royals should get more pay.

What's your most unacceptable opinion? That Yorkshire puddings are a waste of time. People love Yorkshire puddings but I think they're bland and take up real estate on the plate, when you could have delicious things with flavour instead. They're this horrible throwback to post-war Britain when everyone wanted to punish themselves.

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

Mackenzie Crook and Martin Freeman Remember The Office

NEW

Wednesday, 10pm, BBC2

This week marks 25 years since Ricky Gervais' mockumentary *The Office* introduced us to paper-company middle manager David Brent. Here, Martin Freeman and Mackenzie Crook (both above), who got their big breaks in the comedy as sales rep Tim Canterbury and jobsworth Gareth Keenan, share their memories and reveal on-set secrets.

50 American Music Icons at the BBC

NEW

Saturday, 9pm, BBC2

As the USA celebrates 250 years of independence on Saturday, BBC2 raids the archives for performances from 50 of the biggest names in American music. There's something for everyone, with a range of acts including Beyoncé (right), Bruce Springsteen, Ella Fitzgerald and Liberace.

Law & Order

LAST ONE

Tuesday, 9pm, 5USA

As Season 24 comes to an end, Lieutenant Jessica Brady (Maura Tierney) links the murder of a teenage model in New York to the unsolved homicide of Assistant District Attorney Samantha Maroun's sister 12 years earlier. A suspect is quickly apprehended and put on trial, but the court case results in shocking consequences...

Law & Order: Special Victims Unit

Monday, 9pm, Sky Witness

British actor Jemima Kirke (right), who played drug addict Jessa in *Girls*, guest-stars this week. She plays famous 'romantasy' author Claire Morgan, whose husband, Stuart, is stabbed by her assistant, who claims he sexually assaulted her. As the squad investigates, they uncover a dark side to the couple's perfect life together.

WILD *frontier*

A family starts **a new life in the American West** in a drama remake

NETFLIX Little House on the Prairie

NEW *Available: Thursday 9 July*
Genre: Drama Season: 1 Eps: 8

A settler family faces wolves, fire, fever, unsavoury locals and all the dangers of pioneer life in the American West in Netflix's charming reimagining of classic 1970s series *Little House on the Prairie*.

Based on Laura Ingalls Wilder's much-loved books, the eight-part drama is set in the 19th century and begins as 10-year-old Laura Ingalls (Alice Halsey) and her pioneer family leave their home in Wisconsin for a treacherous wagon ride to Kansas, where they hope to stake a claim on Osage territory.

Immediately, they come up against danger and hardship, including the loss of their dog during a perilous river crossing and a terrifying encounter with a wolf on their first night on the prairie.

CHALLENGES

What follows is a sweeping tale of courage, survival and family, as Laura, her sister Mary (Skywalker Hughes) and parents Charles (Luke Bracey) and Caroline (Crosby Fitzgerald) pull together to build a new life on Kansas' wild plains.

'At first, Charles thinks the family can survive by themselves out on the prairie. But what we learn in this show is that nobody survives by themselves – it takes many, many people,' says Bracey, who's best known for playing Henry Boxer in Disney+'s *The Artful Dodger*.

'The recurring theme is how difficult it was and how very few moments of ease and convenience there were. But although the family doesn't have many material things, they're chock-full of pride and love.'

'It's a very daunting journey that they're on, but Charles and Caroline really complement each other,' adds Fitzgerald (*Palm Royale*). 'Caroline is extremely traditional. She values faith and education, while Charles is this fearless vagabond.'

Although some of the characters and storylines diverge from the original book, fans will still enjoy iconic moments like the building of the family's log cabin, their encounters with the Native American Osage people, Charles'

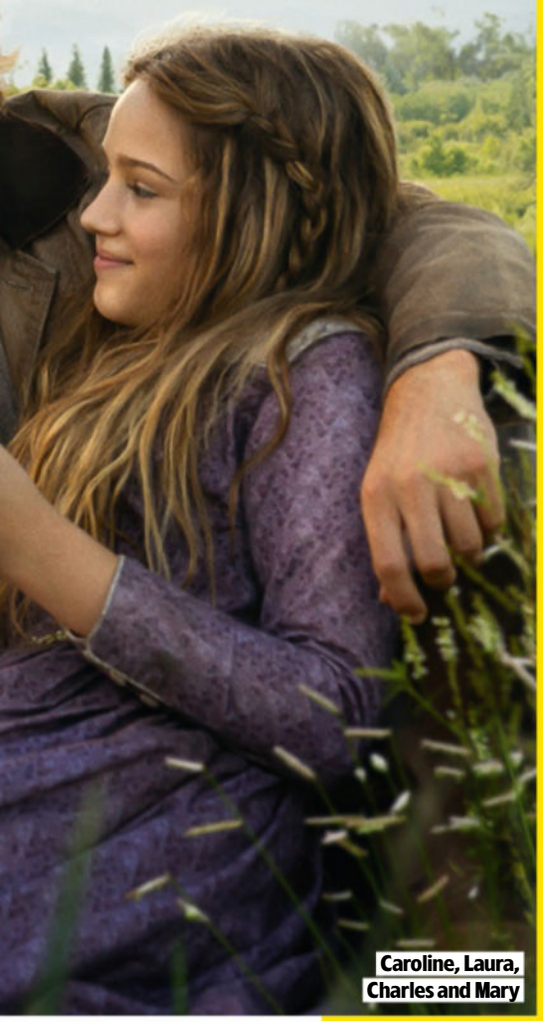
The cast of the 1970s TV version

The family head West

Luke Bracey (right) as Charles

fiddle-playing, Laura and Mary's beloved peppermint-stick candy, and Laura's fearlessness that often leads her into trouble.

'Our series is a very different adaptation, but the spirit of it – a family being together and finding their way in the world – is what connects them,' says showrunner Rebecca Sonnenshine. 'Ultimately, we want superfans of the books and people who loved the original TV show to feel welcome. But we also want people who don't know anything about *Little House on the Prairie* to feel welcome and included, too.'



Caroline, Laura, Charles and Mary

What we're watching...

The shows being enjoyed by the *TVSW* team

Disney+ Alice and Steve

Genre: Comedy drama Season: 1 Episodes: 6

Nicola Walker (above, centre) and *Flight of the Conchords*' Jemaine Clement are at the top of their game in this 'wrong-com' as long-time, 50-something friends Alice and Steve, who fall out spectacularly when he starts dating her 26-year-old daughter Izzy (Yali Topol Margalith). A furious Alice becomes fixated on splitting the pair up and taking down her former best friend. Steve then retaliates by trying to destroy Alice's life. Caught in the crossfire are Alice's long-suffering husband Daniel (Joel Fry) and their teenage son Dom (Tyrese Eaton-Dyce).

Netflix USA 94: Brazil's Return to Glory

Genre: Documentary Episodes: One-off

The story of Brazil's journey to win the World Cup for a fourth time in 1994 is told with never-before-seen footage and interviews with the players themselves.

Netflix Maternal Instinct

Genre: Documentary Episodes: One-off

The horrifying 2020 case of Taylor Parker (right), who murdered acquaintance Reagan Simmons-Hancock in Texas and then cut her unborn daughter from her womb, planning to pass her off as her own.

Now in production...

Three upcoming shows to look out for soon

Netflix Jonathan Bailey

The actor (above) will headline Netflix's as-yet-untitled factual drama, which follows an attorney waging a battle against US chemical firm Monsanto amid accusations that exposure to their weedkiller caused cancer. David Duchovny co-stars.

Disney+ Rivals

The 1980s-set romp, based on the Rutshire Chronicles novels by Jilly Cooper (above) and exploring the ruthless battles to win a TV franchise, will return for a third, 12-part run, as scandalous new secrets emerge. The concluding half of the second series airs in November.

prime Dirty

Samantha Morton (above) is set to star in Prime Video's Manchester-based crime drama as formidable DCI Lois Mercer, whose estranged daughter Eva Bennett (Phoebe Dynevor), a trainee detective, joins her latest investigation but unearths Lois' own crimes.

WORDS: CAREN CLARK; HANNAH DAVIES; JUDY EWENS. PHOTOS: ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX

Matt (Tim Allen, back left) and Riley (Kat Dennings, back right)

Beyond repair?

Will **Tim Allen**'s widowed mechanic turn his back on love?

Shifting Gears

NEW *Available: Wednesday 8 July Genre: Comedy Season: 2 Episodes: 13*

Home Improvement **and** ***Last Man Standing*** **star Tim Allen has scored another huge TV hit with** ***Shifting Gears*****, which returns for a second season this week to follow the fortunes of widowed Matt Parker, who runs a car-restoration business with his daughter Riley (Kat Dennings).**

As the comedy resumes, Matt is wrestling with his feelings after sharing a kiss with dance instructor Eve (Jenna Elfman) in the finale of Season 1. The opening episode also features a TV reunion for Allen as Matt encounters sympathetic widow Charlotte (played by Nancy Travis, who starred as Allen's on-screen wife in nine seasons of ***Last Man Standing***).

Charlotte takes Matt to a grief support session, where he some of the members are played by Allen's ex-*Home Improvement* co-stars Patricia Richardson, Richard Karn and Debbe Dunning.

Here, ***Toy Story 5*** **star Allen, 73, reveals more...**

Tell us about the first episode... **Matt and Eve ended up kissing last time, which came out of nowhere as they didn't get along, so it was fun reuniting with Jenna Elfman, who is a great comic actor. Matt also joins a counselling session.**

What was it like reuniting with your *Home Improvement* co-stars? **It was like being with family again. It was hysterically funny just getting them to be these completely different characters and we ended up slipping back into the old roles we played. It was amazing.**

Shifting Gears **is filmed in front of a live studio audience. What does that bring to the show?** **I love the live audience. There's nothing like it. The sitcom format is like doing my stand-up act and a movie at the same time.**

Do you have a lot in common with Matt? **He builds custom cars, and so do I. He has a big gap in his emotional life because his wife passed away. My father died when I was young, so underneath everything is some discomfort. Playing Matt is not that big of a step, but I enjoy so much being that guy.**

Guest stars Debbe Dunning, Patricia Richardson and Richard Karn

Melissa George

Running scared

Melissa George plays a mum in jeopardy

Ms. X

NEW *Available: Wednesday 8 July Genre: Comedy drama Season: 1 Episodes: 6*

Since her days as Angel on Aussie soap *Home and Away* in the 1990s, Melissa George has reinvented herself as a bona fide Hollywood star with roles in *Alias*, *Grey's Anatomy*, *The Good Wife* and *The Mosquito Coast*.

This week, the 49-year-old star heads up this fast-paced Kiwi black-comedy series, playing a suburban mum, Mia, who gets caught up in a dangerous criminal underworld.

The action begins as Mia bumps into her old high-school friend, Oscar (*Under the Vine*'s Dean O'Gorman), who she hasn't seen in years and who tells her he's now a private investigator.

Mia confides in Oscar that she fears her husband, Gerry (Jonno Roberts), is cheating on her after finding another woman's underwear among his things and discovering that he left the house without wearing his wedding ring.

The pair decide to scare Gerry into remaining faithful and staying with her, but their plan sees Mia and her unlikely partner-in-crime pulled into something far more dangerous as they find themselves entangled in a world of violence. Soon, they are caught between the police and a terrifying cartel, and Mia starts to evolve into an unexpected criminal mastermind.

'*Ms. X* is a darkly comic look into the New Zealand criminal underworld,' says showrunner Hannah Marshall. 'It blends our unique brand of Kiwi humour with a twisting crime story.'

WORDS: CAREN CLARK, NATASHA HOLT, RICHARD MCCLURE. PHOTOS: BBC, C4, ©2026 DISNEY & ITS RELATED ENTITIES, NETFLIX, SKY, HBO MAX, GETTY

DEADLY VOWS

Millie Bobby Brown returns as bride-to-be sleuth Enola Holmes

Enola (top right) is engaged

NETFLIX Enola Holmes 3

NEW

Available: ***Wednesday 1 July***
Genre: ***Drama***

Danger, detection and a dash of romance await as plucky 19th-century sleuth Enola Holmes returns for her most personal case to date in the third instalment of Netflix's high-octane film series.

Set in 1886, *Enola Holmes 3* is inspired by Nancy Springer's novels and penned once more by Jack Thorne. It begins as Enola (Millie Bobby Brown) – the kid sister of Sherlock Holmes (Henry Cavill) – is enjoying her success as a private detective, when her debonair boyfriend Lord Tewkesbury (Louis Partridge) suddenly proposes.

'What's been nice is getting to explore a more mature version of their relationship,' says *Stranger Things* star Brown, 22. 'It's not just playful any more.'

ABDUCTED

Preparations for the wedding get under way in Malta, with Sherlock, the groom's widowed mother Lady Tewkesbury (Hattie Morahan), and his godfather, Brigadier General Sampson (Jason Watkins), in attendance. But despite her love for Tewkesbury, Enola frets that she will now have to give up her hard-won status as a sleuth.

And on the morning of the nuptials, further trouble brews when Dr John Watson (Himesh Patel) reveals that Sherlock has been kidnapped. Urged on by her indomitable mother Eudoria (Helena Bonham Carter), Enola is soon on a mission to rescue her brother.

But as Sherlock's nemesis Moriarty (Sharon Duncan-Brewster) resurfaces, Enola finds herself in increasing jeopardy. Can she unravel a chilling conspiracy, locate Sherlock and also tie the knot?

Brown relished shooting the film's action set pieces, particularly in the scene when Dr Watson pursues Enola's carriage to deliver the news about Sherlock.

'I did all my own stunts,' she smiles. 'I stood on top of the carriage while it was moving – in heels!'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER **Goolagong**

BBC4's drama about the rise to fame of Australian tennis champ Evonne Goolagong (Lila McGuire, above), explores how she is spotted by controlling coach Vic Edwards (Marton Csokas), who makes unsettling advances towards her.

sky box sets NOW Virgin media HBO max

House of the Dragon

As the *Game of Thrones* prequel returns for a third season on Sky Atlantic and HBO Max, the civil war intensifies, and in a vicious naval battle, Lord Corlys Velaryon (Steve Toussaint, above) faces the Triarchy.

sky box sets NOW Virgin media **Rik Mayall: Magnificent B'stard**

In Sky Documentaries' profile of the late actor (above), his comedy partner Adrian Edmondson reflects on their time together, and their rift, which was not resolved before Mayall's death in 2014.

4 **Jon Snow: A Last Big Story**

The broadcaster and his wife, Dr Precious Lunga, talk openly about his Alzheimer's diagnosis in a C4 documentary, while they also fight to get justice for victims of a mining disaster in Zambia.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Husband
Saturday 4 July

South Korean crime thriller. A woman on the brink of divorce is kidnapped, leading her estranged husband into a confrontation with a ruthless criminal in a desperate attempt to save her life.

The Affair
Sunday 5 July

The fourth season of the acclaimed drama starring Dominic West and Ruth Wilson, which explores the emotional effects of extramarital relationships. Previously shown on Sky. The first three seasons are already available on ITVX.

Hammerhead Sharks Up Close
Sunday 5 July

Film-maker Bertie Gregory dives into Mexico's Pacific waters to track down the elusive shark species. Also on National Geographic WILD (Mon, 8pm). See feature, page 18.

Sparks of Tomorrow
Sunday 5 July

Japanese animé. In an alternate version of the 20th century, where technological progress has been shaped by steam power, a grieving boy and a devout girl team up to look for a missing catalogue that could bring electricity to the streets of Kyoto.

The Ghost in the Shell
Tuesday 7 July

Japanese sci-fi animé set in the near future revolving around Motoko Kusanagi, a cyborg with exceptional skills in warfare. She leads an offensive tactical unit known as Shell Squad which deals with complex cybercrimes and international conspiracies.

Trying
Wednesday 8 July

The fifth season of the comedy finds Nikki (Esther Smith) and Jason (Rafe Spall) dealing with the consequences of Kat (Charlotte Riley), the biological mother of Princess (Scarlett Rayner) and Tyler (Cooper Turner), turning up on their doorstep. See feature, page 4.

The Real Housewives of Orange County
Friday 10 July

The 20th season of the reality show featuring the wealthy housewives of Orange County, California. Original cast member Vicki Gunvalson returns, while joining the ladies this season is Carmella Garcia, a former Playboy Playmate of the Year and WWE wrestler.

Nothing to Lose
Wednesday 8 July

French drama. Jada (Nawell Madani) has long struggled to have a child, so when her newborn son falls ill, she will stop at nothing to find a donor to save him.

Shifting Gears
Wednesday 8 July

The second run of the sitcom starring Tim Allen as the gruff, widowed owner of a garage whose divorced daughter (Kat Dennings) and her two kids move into his house. See feature, page 14.

Ms X
Wednesday 8 July

New Zealand dark comedy drama with former *Home and Away* star Melissa George as suburban mother Mia, who teams up with an old friend to scare Mia's cheating husband into being faithful. But their harmless plan goes wrong... See feature, page 14.

Thunder 3
Wednesday 8 July

Japanese animé series. Pyontaro and his two best friends, Tsubame and Hiroshi, find themselves caught up in an adventure beyond their wildest imagination when Pyontaro's younger sister vanishes and the trio embark on a desperate search to find her.

Nothing to Lose

Little House on the Prairie
Thursday 9 July

A reimagining of Laura Ingalls Wilder's semi-autobiographical books depicting the struggles of the pioneer family who shaped the American frontier. Luke Bracey and Crosby Fitzgerald star. See feature, page 12.

From Old Country Bumpkin to Master Swordsman II
Thursday 9 July

The second season of the Japanese fantasy-action animé follows the exploits of Beryl Gardinant – a middle-aged sword instructor as he balances his quiet rural life with new challenges at the magic institute and the kingdom's border.

The Charlie Brown and Snoopy Show
Friday 10 July

The 1983-85 animated series, based on Charles M Schulz's *Peanuts* comic strip. The episodes focus on the anxieties and humour of the gang including Charlie Brown's failures and Snoopy's wild fantasies.

One Mile: Chapter One
Friday 10 July

Action thriller. Ex-special-forces operative Danny Beckett (Ryan Phillippe) is on a road trip with daughter Alex (Amélie Hoeferle) when the pair encounter an off-grid community who kidnap Alex. Outnumbered, Danny is forced to rely on his military skills to free her.

One Mile: Chapter Two
Friday 10 July

In the second instalment, Danny is pulled back into conflict with the same secretive group when they abduct Alex as an act of revenge. For the second time, Danny puts himself in harm's way in order to rescue his daughter.

Shipwrecked: Nightmare at Sea
Friday 10 July

Documentary about the *Costa Concordia* disaster. On 13 January 2012, the cruise ship ran aground off Isola del Giglio in Italy, with the loss of 32 lives. Never-before-seen footage and survivors' testimonies reveal all.

I'm Not Afraid
Wednesday 8 July

Mexican drama. In 1986, 10-year-old Miguel discovers a boy at the bottom of a hidden hole. Initially, he believes Felipe is a ghost, but he has been kidnapped, and everything indicates it was by those Miguel thought he knew best.

WORDS: JUDY EWENS. PHOTOS: HAYU, NETFLIX

Documentaries

A distinctive hammerhead shark

NEW FROM Disney+

Film-maker **Bertie Gregory** goes in search of endangered hammerheads

Save our SHARKS

NEW WILDLIFE

Hammerhead Sharks Up Close with Bertie Gregory

From Sun 5 July, Disney+, & Mon 8pm, National Geographic WILD

Their unique silhouette makes hammerhead sharks one of the most distinctive of all the shark species. But since the 1990s, the hammerhead shark population has collapsed to critical levels.

Now, with the iconic predators pushed to the brink of extinction, wildlife film-maker Bertie Gregory dives into the waters off Mexico's Pacific coast, where numbers have crashed by 97%, in the hope of capturing the elusive creatures on camera.

'Since the 1990s, shark-fishing has really ramped up for shark-fin soup. What's mind-boggling is that humans kill well over 150 million sharks a year,' explains Gregory. 'Hammerheads have very large fins for their body size and unlike most sharks, which are solitary, they also school in large numbers. So if you're a shark fisherman, they're a very lucrative target.

'The other reason hammerheads are in so much trouble is that their electroreceptors in their hammer

Terror on Long Island

Sun, 9pm & 10pm, Sky Crime

In June of this year, New York architect Rex Heuermann, notorious as the so-called Gilgo Beach Killer, was sentenced to life imprisonment for the brutal murder of eight women. This series tells the story of his grisly crimes and the police investigation that brought the married family man to justice.

Katie Price: Nothing to Hide

Wednesday, 9pm, Sky Documentaries (box set, Sky Box Sets & NOW)

This new four-part series about the former glamour model opens with an exploration of her early years, and how she was just 18 when she burst on to the scene as Jordan (left) with her first Page Three shoot for *The Sun*. Ex-pop-star boyfriends Dane Bowers and Gareth Gates also give their take on the star.

Women of World War II: More Untold Stories

Friday, 8.15pm, PBS America

On 14 July 1944, Captain Isabel Kane (above, right) was one of the first women to land on the beaches of Normandy. She is just one of the remarkable women whose stories are told in this documentary, from codebreakers and resistance fighters to secret agents and scientists working on the atomic bomb.

WORDS: HANNAH DAVIES, IAN MACEWAN. PHOTOS: NATIONAL GEOGRAPHIC, PBS AMERICA, ©2026 DISNEY & ITS RELATED ENTITIES, GETTY 5, C4, SKY, BBC

Filming the hammerheads

Searching for sharks

act as a GPS unit, detecting the Earth's magnetic fields and allowing them to navigate over huge distances. Protecting an animal that has a huge home range is very hard.'

As Gregory and his team set about filming, they spot dead hammerheads on fishing lines and other incredible species, like bull and tiger sharks. But after four weeks of searching, Gregory admits he almost gave up hope of filming a hammerhead.

EXCITING SIGHTING

'I knew there was a chance that we'd get to see shark fishing, and we earned the trust of some fishermen who allowed us to film what they were doing,' says Gregory. 'But it's a desperate situation and tragic to see a hammerhead on a hook.'

Finally, however, Gregory found himself surrounded by a school of around 50 scalloped hammerheads, leaving the whole team stunned.

'Experiencing a school like that was just incredible,' says Gregory. 'Even our guide, who'd been diving in the area for 20 years, was emotional. He'd never seen anything like that before.

'If we continue the way we're going with fishing, hammerheads are done. But the good news is that attitudes are changing, and what's amazing about the ocean is that species can bounce back, so there's still a glimmer of hope for hammerheads.

'We have the tools to turn things around, like expanding marine protection and stopping the consumption of their fins for soup. We just have to give them a chance.'

How to Get Filthy Rich

Wednesday, 9pm, C4

YouTuber, economist and author Gary Stevenson (above, right) examines the UK's expanding wealth gap, meeting a delivery driver living in a van because he can't afford rent and a member of the landed gentry who has assets worth around £40m. He also looks at how the super-rich make their money, from buying assets to hoarding generational wealth.

Our Lives

Friday, 7pm (times vary), BBC1 (box set, BBC iPlayer)

The documentary strand returns with a collection of new films celebrating communities across the UK, with episodes airing weekly on BBC1 and available as a box set on BBC iPlayer from Friday. It begins by revealing how volunteers are fighting for the future of historic football club Ashington AFC.

Armstrong (centre) with Mark Hatfield and Kaylee Toler

High spirits

Alexander Armstrong samples West Virginia moonshine in this week's episode

TRAVELOGUE

Alexander Armstrong Across America

Saturday, 8pm, 5

Alexander Armstrong enjoys an unusual hydration break this week as he continues his deep dive into American life by visiting the state of West Virginia.

As the *Pointless* host casts an affectionate eye over the USA during its 250th birthday celebrations, he encounters Mark Hatfield, whose family have been making moonshine for five generations.

DRINKING IT IN

'It's only in the last 14 years that Mark's been doing it legally,' explains Armstrong. 'Mark is a proper West Virginia character with a massive foot-long beard, dungarees and a moonshine still – and the moonshine was rather drinkable!'

Armstrong begins his journey in the mountains, where he meets Nate, a homesteader who has rejected modern life and now lives off-grid with a serious collection of guns, while sharing his lifestyle with thousands of followers online.

BUNKING UP

Armstrong also discovers West Virginia's role in the Civil War, and visits luxury resort The Greenbrier, where he is shown around a secret 1950s Cold War bunker designed to house the entire US Congress in the event of nuclear attack.

The hideout once boasted more than 1,000 bunk beds as well as a 400-seat cafeteria, vast water tanks, and an incinerator for burning rubbish that could also double as a crematorium!

However, Armstrong's personal highlights came when he refereed a wrestling match, and then joined local musicians on stage at an open-mic night.

'Singing with the bluegrass group was truly fabulous, and I had a whale of a time refereeing the wrestling,' says Armstrong, 56. 'Wrestling is a form of pantomime and about 15 local fighters from West Virginia arrived one Saturday night with their fan bases. They were camping it up and throwing each other around. It was first-class entertainment.'

Meeting local musicians Ryan (left) and Tessa

Films Our pick of this

WICKED For Good

MOVIE OF THE WEEK

Ariana Grande and **Cynthia Erivo** return as competing witches in this fitting finale

MUSICAL FANTASY

Friday, 7.25am & 6pm, Sky Premiere ★★★

Charismatic stars Cynthia Erivo and Ariana Grande continue to cast a potent spell in the second half of the blockbuster two-part film adaptation of the hit Broadway musical, even if *Wicked: For Good* doesn't quite have the same magic as its predecessor.

In part, that's because Erivo and Grande's characters are largely kept apart by the story, which picks up where the first film ended with Erivo's green-skinned outcast Elphaba unjustly demonised as the Wicked Witch of the West, while Grande's radiant Glinda assumes ever greater popularity in the land of Oz. Although Glinda remains pretty in pink, things are much darker this time as the animals of Oz are driven into exile or put to work building the Yellow Brick Road, leaving the hunted Elphaba ever more determined to expose Oz's Wizard (Jeff Goldblum) as a fraud.

Elphaba's mission propels the plot, but it is Glinda who goes on the bigger emotional journey, from empty-headed vanity to genuine goodness – as captured in her big solo number *The Girl in the Bubble*. None of the songs here is a match for *Defying Gravity*, Erivo's powerhouse turn in part one, but when Elphaba and Glinda get together in the film's title song, *For Good*, the pair's hard-won friendship really does tug our heartstrings.

2025, PG, 137MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, LIZ MILROY, NIGEL PIZEY, HEIDI RICE

More premieres and Day by Day planner ›››

week's Best Movies

WORLD CINEMA

Red Rooms

Wednesday, 11.10pm, Film4 ★★★★

One of the most unsettling movies of recent times, the French-Canadian *Red Rooms* delves into the world of serial killer groupies and a descent into its dark heart. It's also a movie that spins the camera around to us, as an audience who devours true-life crime. Inscrutable Kelly-Anne (Juliette Gariépy) sits in on the trial of a monstrous killer (Maxwell McCabe-Lokos) – someone who has tortured and killed three schoolgirls – where she unwillingly makes the acquaintance of obsessive fan Clementine (Laurie Babin), a naive girl who's convinced of the murder's innocence, regardless of the evidence. Pascal Plante's film never shows the violence talked about in the courtroom, but still skillfully twists the knife of tension throughout, as we follow Kelly-Anne's black downward spiral. Subtitled. 2023, 18, 118MIN

Unknowable: Juliette

MYSTERY CHILLER

Hokum

Available now, buy or rent from digital stores ★★★

A wonderfully chilling tale that encompasses folk horror and a murder mystery, brought to life by the impressive talents of writer-director Damian McCarthy, maker of *Caveat* and the excellent *Oddity*. Adam Scott plays a bolshie American writer who travels to a remote Irish hotel to scatter the ashes of his parents. While taken by a story about a witch trapped in the shuttered-up Honeymoon Suite, he also becomes entangled with the case of a missing member of the hotel staff. There are some genuinely unnerving jump scares in his finely woven flick, as McCarthy marries them with a thick, suffocating atmosphere. It's also good to see usual good egg Scott playing against type, helped by a super Irish cast led by the inimitable David Wilmot. 2026, 15, 107MIN

Entrapment: Adam

FAMILY MYSTERY

The Sheep Detectives

Available now, Prime Video ★★★★

Every night kindly shepherd George (Hugh Jackman) reads a detective story to his flock of sheep who live an idyllic life in a pretty corner of Britain. Then George is murdered... With local copper Tim (Nicholas Braun) stumped and suspects lining up, the sheep take matters into their own hooves to work out whodunnit. Director Kyle Balda handles the animal antics with skill and a fine voice cast (including Julia Louis-Dreyfus, Brett Goldstein, Patrick Stewart, Chris O'Dowd and Bryan Cranston) ensures the sheep have real character. A delightful mystery comedy for the whole family. 2026, PG, 109MIN

Ewe gotta be kidding...

Battling: Jennifer and Brett

ROMANTIC COMEDY

Office Romance

Available now, Netflix ★★★

With a strict no fraternising policy, airline CEO Jennifer Lopez and her stiff British lawyer Brett Goldstein (best known for his role in *Ted Lasso* and who also co-wrote this) have to keep their relationship a secret. Bar the potty mouth and raunchy gags, this is a romcom that's purely by-the-numbers. What it does have, however, is stars that shine and a supporting cast who are uniformly excellent, top of those being Betty Gilpin's ridiculously pregnant second-in-command, who shows a natural flair for humour. It's a fun, breezy ride, made even better by Lopez and Goldstein's chemistry. 2026, 15, 114MIN

Films

Head on: Emma and Jesse

BLACK COMEDY

Bugonia

Saturday, 10.25am & 8pm, Sky Premiere ★★★★

With definite shades of the original *Fargo*, not to mention his own uncategorisable movies, director Yorgos Lanthimos' delightfully oddball tale is an engrossing mix of grim crime drama, laugh-out-loud black comedy and erudite thriller which remains refreshingly unpredictable right to the finale. Emma Stone is all cold-eyed ambition and quick wits as the CEO of a major corporation who's kidnapped by Jesse Plemons' conspiracy theorist and his neuro-divergent cousin Aidan Deblis and then has to try to convince them she isn't secretly an alien overlord come to destroy Earth.

Both showing off their considerable acting chops, Stone and Plemons are especially impressive in their claustrophobic scenes together – which flip between intense debate, disturbing violence and hilarious slapstick with whiplash intensity, while Stone is tied up in Plemons basement, has her head shorn, is covered in cold cream and eventually tortured.

But it's Deblis – who is genuinely neuro-divergent and had never acted before – who provides the film with its beating heart as Plemons' loyal but desperately confused accomplice. The end result is a wonderfully quirky film that will keep confounding you to the end and will make you gasp, gag and giggle in equal measure – sometimes all at the same time. 2025, PG, 137MIN

Hidden gems Great movies you might have missed...

COMEDY DRAMA

Birdman

Prime Video ★★★★★

Michael Keaton goes out on a limb as a washed-up movie star making a frazzled bid for artistic credibility in this hectic black comedy. Shot in one seemingly unbroken take, director Alejandro González Iñárritu's Oscar-winning film ricochets around the dressing rooms and corridors of a Broadway theatre where Keaton's former Hollywood hotshot is wrestling with his nagging superhero alter ego as he struggles to put on a dour, arty play. 2014, 15, 119MIN

CRIME DRAMA

Snowtown

BFI Player ★★★★

This Australian true-crime thriller painstakingly unearths the circumstances behind the country's worst serial killings, the notorious 'bodies in the barrels' murders that came to light in 1999. The focus isn't primarily on murderer John Bunting (Daniel Henshall) but on the people who fell under his sway and helped him carry out his crimes in the rundown working-class suburbs of northern Adelaide. A mood of clammy dread and horror pervades the film. 2011, 18, 120MIN

BIOPIC

A Mighty Heart

Paramount+ ★★★★

Angelina Jolie is at her least glamorous and most persuasive in this sober biopic of Mariane Pearl, the wife of journalist Daniel Pearl, who was kidnapped and murdered by Muslim extremists in Pakistan in 2002. The film is shot in a documentary style, using hand-held cameras to follow the then pregnant Mariane as she tries to piece together the events leading up to the kidnapping. It's a harrowing and engrossing piece of cinema. 2007, 15, 108MIN

Films Weekend movies

Saturday 4 July

SCI-FI

The Creator

10.15pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

In a war against androids and AI, soldier John David Washington is hunting down their ultimate weapon – but he's thrown when it turns out to be a cybernetic child (Madeleine Yuna Voyles). Director Gareth Edwards' sci-fi opus has the wow factor with its stunning visuals, utilising the Thai landscapes beautifully, and heft to the impressive action sequences. The story may follow familiar beats and some of the character dynamics could have been fleshed out, but it's gripping and highly entertaining regardless. Washington is a massive asset, too, as is a classy supporting cast that includes Allison Janney and Gemma Chan. 2023, 12, 133MIN

A bit of shut AI: John and Madeleine

ANIMATION

Despicable Me

6am, 12.40pm, 7.30pm & 2.30am, Sky Minions ★★★★

Sex ●●● Violence ●●● Language ●●●

Steve Carell voices would-be criminal mastermind Gru, who hatches a plan to steal the moon in a bid to become the world's greatest supervillain. The spanners in the works are the three orphan girls Gru adopts in order to use them in a plot against his arch rival Vector (Jason Segel), but he is shocked to find himself really enjoying being a father. With its smashing story, super characters and big laughs, this fun movie for all the family is a total delight that is as inventive as it is offbeat. 2010, U, 95MIN

DRAMA

Titanic

6.30pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Director James Cameron delivers a gripping blockbuster in which the tale of the 1912 sinking of the *Titanic* (told to a diving crew in flashback by elderly survivor Gloria Stuart) is the backdrop to the touching romance between poor Leonardo DiCaprio and rich Kate Winslet. A captivating movie, this won 11 Oscars, including Best Film and Best Director, and for a while was the biggest box-office hit of all time. The camera eerily roaming around the real wreckage makes for some haunting images, while the sinking of the ship is truly spectacular. 1997, 12, 195MIN

ROMCOM

Anyone But You

⚽*10.20pm, BBC1* ★★★★

Sex ●●● Violence ●●● Language ●●●

Hooking up one night, the sparks instantly fly for Sydney Sweeney and Glen Powell. But a (frankly contrived) misunderstanding the following day means that they don't see each other again until a hate-at-first-sight scenario months later. Then they're forced to be under the same roof again when her sister (Hadley Robinson) and his best friend (Alexandra Shipp) get married – in Australia. You may be able to see where this is heading from as far as the moon, but the appealing, charismatic stars make light work of every implausible plot twist. 2023, 15, 103MIN

HORROR

Smile

1.50am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Psychiatrist Sosie Bacon witnesses a patient commit violent suicide, all the while maintaining a horrifying smile. What follows is Bacon's conviction that something is out to kill her, with only a hideous smirk to identify it. Kyle Gallner is a detective who wants to help, but struggles to believe Bacon as her mental faculties deteriorate. A script with humour and bite mixed with top-drawer acting and some genuinely frightening moments, this is a seat-squirming delight. 2022, 18, 115MIN

■ Full listings start on p35

Sunday 5 July

DRAMA

Nuremberg

8pm, Sky 2026 Recap ★★★★★

Sex ●●● Violence ●●● Language ●●●

Russell Crowe delivers a mesmerising and commanding performance as Hermann Göring, the fanatical Nazi leader who became Hitler's second-in-command, as he faces justice at the Nuremberg trial of war criminals in 1946. Göring taunts and manipulates those around him, his legal cat-and-mouse with the Allied lawyers proving intense, fascinating and chilling. It's a powerful, unsettling film, giving us a stark reminder of what can happen when hate and ambition go unchecked. Anchored by the extraordinary Crowe, the film boasts a stellar supporting cast including Rami Malek, Leo Woodall, Richard E Grant and Michael Shannon. 2025, 15, 148MIN

Above the law: Russell

WAR DRAMA

Dunkirk

11.35am, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Defying convention and Hollywood heroics, writer-director Christopher Nolan's immersive epic about the Dunkirk evacuation plunges us into the midst of the race to rescue thousands of Allied troops from the beaches of northern France in 1940. The film interweaves plot lines involving, among others, Fionn Whitehead, Kenneth Branagh, Mark Rylance, Tom Hardy and Harry Styles – who acquits himself credibly as one of the troops – and brilliantly conveys the endurance, panic, terror and resolve of the people involved. 2017, 12, 106MIN

SUPERHERO

Wonder Woman 1984

5.55pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Making a welcome return in her exuberant second solo adventure, Gal Gadot's whip-cracking Amazonian Diana is working at the Smithsonian Museum in 1984 Washington DC, while performing acts of heroic do-goodery as Wonder Woman on the side. In the age of rampant materialism, it is Pedro Pascal's megalomaniac huckster Max Lord who drives the plot that also pulls in Kristen Wiig's Barbara Minerva, but it's the return of Steve (Chris Pine) under mysterious circumstances that delights. An affecting, cheesy and rousing slice of fun. 2020, 12, 151MIN

WHODUNNIT

Murder on the Orient Express

8pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

This glossy Agatha Christie murder mystery gives Kenneth Branagh's little grey cells a good workout. Hard at work on both sides of the camera, he directs and also plays Christie's dapper Belgian detective Hercule Poirot, here investigating a baffling death aboard the eponymous train. It's a conventional retelling of the famous story, but it does benefit from a star-studded cast, with the likes of Penélope Cruz, Daisy Ridley, Olivia Colman, Michelle Pfeiffer and Judi Dench featuring among the line-up of suspects. 2017, 12, 114MIN

SCI-FI CLASSIC

Blade Runner

10pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Ridley Scott's breathtaking sci-fi film is an all-time great masterpiece. In a relentlessly rainy, neon-lit 2019 LA, Harrison Ford is hired to 'retire' a group of dangerous androids that have escaped to Earth from slavery in the off-world colonies. Trouble is, these robots are so sophisticated it's almost impossible to tell them from real humans. Ford is ideal in one of his best roles and Rutger Hauer, Sean Young and Daryl Hannah also impress. 1982, 15, 117MIN

■ Full listings start on p45

⚽ SUBJECT TO CHANGE DUE TO WORLD CUP

Weekday movies over page

Films Weekday movies

Monday 6 July

COMEDY FANTASY

One More Shot

6.45am & 11pm, Sky 2026 Recap ★★★

Sex ●●● Violence ●●● Language ●●●

This amusing, smart Australian tale sees singleton doctor Emily Browning about to attend a 1999 New Year's Eve party with her old university pals, but is shocked to find her ex Sean Keenan is there with his new partner. Aided by a bottle of tequila that will time-travel her back to the start of the evening every time she takes a swig, Browning sets about getting back her man. With some violent but genuinely hilarious slapstick, this comedy isn't afraid of playing it dirty, in a fun, raucous comedy. 2025, 15, 91MIN

Calling time: Emily

COMEDY

The Naked Gun

11.55am & 9.30pm, Sky 2026 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

Perfectly cast Liam Neeson and Pamela Anderson prove more than game for a laugh in this brilliantly daft revival of the hit 1980s/1990s cop comedy series. He's blundering LA detective Frank Drebin Jr, son of Leslie Nielsen's bungling officer in the original films. Anderson is a wonderful femme fatale who needs Drebin's help after her brother is killed by Danny Huston's evil tech billionaire. 2025, 15, 85MIN

THRILLER

Black Bag

8pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

This sleek thriller stars Michael Fassbender as a steely spy hunting for a mole in the British secret service. He has five suspects, including his wife and fellow agent (Cate Blanchett). Tom Burke, Marisa Abela, Naomie Harris and Regé-Jean Page play the others keeping Fassbender and us puzzling, with Steven Soderbergh's smart, sharp thriller at its most tense in the scenes where they all gather at the same dinner table. 2024, 15, 94MIN

SCI-FI HORROR

I Am Legend

⚽*10.40pm, BBC1 (11.35pm Wales)* ★★★★

Sex ●●● Violence ●●● Language ●●●

Will Smith is excellent as possibly the last human left alive in this third adaptation of Richard Matheson's post-apocalyptic novel. The film captures the haunting nature of the book and also works well as an action thriller. The unnerving first half is particularly effective, as Smith's gaunt former military scientist and his faithful dog scour a deserted Manhattan while being stalked by flesh-eating mutants. 2007, 15, 100MIN

HORROR

Brightburn

12.15am, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●●

What if Superman had used his powers not for benign purposes but for evil? That's the subversive premise for this dark take. Jackson A Dunn plays an extra-terrestrial child taken in by a doting childless couple who begins to discover his paranormal powers. For stout-stomached viewers, this is an alternative to the usual heroic fantasy fare. 2019, 15, 90MIN

■ Full listings start on p55

Tuesday 7 July

BIOPIC

Christy

On now, Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

Sydney Sweeney is sensational as boxing champ Christy Martin in this superb, gritty biopic. Taken on by Jim Martin (Ben Foster, also fantastic), an odious, bullying trainer 25 years her senior, Christy suppresses her lesbianism and ends up marrying him, leading to all manner of physical and emotional abuse, while becoming a leading light in women's boxing. The film's fairly straightforward, but like Christy herself, it pulls no punches in showing her grim life and what it took to come out the other side. 2025, 15, 135MIN

Tough break: Sydney

COMEDY DRAMA

Fisherman's Friends

6.50pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

This true(ish) yarn about a bunch of sea-shanty-singing Cornish fishermen and surprise chart-toppers has enough charm and feel-good humour to keep its predictable fish-out-of-water story engaging. Daniel Mays is a brash cockney talent scout charged by his conniving boss Noel Clarke with signing the fishermen to a major record label. Some decorative locations, heartfelt moments and the enthusiastic cast help it flow nicely. 2019, 12, 107MIN

THRILLER

The Accountant

8pm, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

This far-fetched but entertaining thriller stars Ben Affleck as an autistic accountant who's a whiz at maths and a dab hand at killing people, too. But with suspicious US treasury agents on his tail, he takes a legitimate job for a robotics company, only for the gig to turn deadly after Anna Kendrick's chipper clerk finds a multi-million-dollar hole in the books. Before long, it's not just the numbers but also the bodies that are being counted. 2016, 15, 128MIN

MUSICAL

Dreamgirls

8pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1960s Detroit aspiring singers Beyoncé Knowles, Anika Noni Rose and Jennifer Hudson are steered to pop stardom by their ruthless manager (Jamie Foxx). Based on the hit Broadway show, the film captures the sassy moves and smooth sounds of its era. Eddie Murphy was Oscar-nominated for his live-wire performance as the singer who gives the girls their big break. Knowles makes a great soul diva and Hudson won an Oscar. 2006, 12, 130MIN

COMEDY DRAMA

The Lady in the Van

⚽*10.40pm, BBC1 (11.10pm Scot, 12.10am Wales)* ★★★★

Sex ●●● Violence ●●● Language ●●●

Maggie Smith plays the cranky bag lady who parked her van in Alan Bennett's London drive in the mid 1970s and didn't budge until her death 15 years later. Smith's Miss Shepherd is a mix of dottiness, iron will and pathos. Alex Jennings is terrific as the two versions of her wary host, a bickering double act of Bennett the writer and Bennett the man. 2015, 12, 104MIN

■ Full listings start on p65

Wednesday

ANIMATION

Transformers One

Starts today, Netflix ★★★★

Sex ●●● Violence ●●● Language ●●●

This shiny animation tells the origin stories of heroic Optimus Prime and his evil nemesis Megatron (voiced by Chris Hemsworth and Brian Tyree Henry). They are mining bots and friends

Showing the way: Optimus

WAR CLASSIC

Paths of Glory

3pm, GREAT! action ★★★★★

Sex ●●● Violence ●●● Language ●●●

Stanley Kubrick's vitriolic World War One drama is a true classic of anti-war cinema. Kirk Douglas gives one of his finest performances as a French officer trying to defend three soldiers during their court martial, fully aware that they are being made the scapegoats for a botched attack against a German fortification. Despite the vivid war scenes, it's the callous, unflinching trial sequences that give the film its power. 1957, PG, 86MIN

HORROR

Interview with the Vampire

10pm, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

In modern-day San Francisco, Brad Pitt's vampire recounts his life story to Christian Slater's journalist in this mesmerising and lavish adaptation of Anne Rice's book. It's a tale of Pitt's 18th-century encounter with Tom Cruise's suave bloodsucker, their 'adoption' of an orphaned girl (Kirsten Dunst) and the tensions that eventually lead to the break-up of their 'happy family'. 1994, 18, 122MIN

8 July

on their planet Cybertron, but a quest to reach its mysterious exterior sees them forging wary alliances and exposing secrets that shake them to their core, sowing the seeds of enmity. The final battle succumbs to the franchise's usual overkill, but the exhilarating action and flashes of humour ensure you care about who's fighting. 2024, PG, 104MIN

DRAMA

My Summer of Love

12.05am, BBC2 ★★★

Sex ●●○ Violence ●○○ Language ●●○

In Yorkshire, mixed-up teen Nathalie Press doesn't get on with her domineering ex-con brother (Paddy Considine), but then she strikes up a friendship with posh boarding school girl Emily Blunt, who lives in the mansion up the road, and they have an affair. The film makes impressive use of its hilly Yorkshire locations and the leads turn in exceptional performances, but as a whole the film is on the pretentious side. 2004, 15, 86MIN

COMEDY

Superbad

4.35am, Sky Cinema Comedy ★★★★

Sex ●●○ Violence ●○○ Language ●●○

Michael Cera and Jonah Hill are a couple of high school nerds who finally get invited to a party after agreeing to supply alcohol. Naturally, the road to underage drinking is lined with comic potholes... Cera and Hill are a joy, but have competition from Christopher Mintz-Plasse as 'McLovin', plus Seth Rogen and Bill Hader as cops. An hysterical joy. 2007, 15, 113MIN

■ Full listings start on p75

Thursday 9 July

HORROR

Baby Ruby

1.50am, C4 ★★★

Sex ●●○ Violence ●●○ Language ●●○

New motherhood and postpartum depression seen as a paranoia-fuelled horror, playwright Beth Wohl's debut film sees Noémie Merlant's vlogger turning inside out after her baby girl is born. Husband Kit Harington is ineffectual, but what is real and what is psychosis? Does the local mothers' group, led by the overly affectionate Meredith Hagner, have a hidden, nefarious agenda? This chiller is a tough slog at times, but Merlant's performance is perfectly on point, even when it's deeply uncomfortable to watch. 2023, 15, 90MIN

Mother's instinct: Noémie

ADVENTURE

Jurassic World: Rebirth

2.10pm, Sky Action ★★★

Sex ○○○ Violence ●○○ Language ●○○

Serving up plenty of heart-stopping suspense and a little pathos, too, director Gareth Edwards successfully brings the *Jurassic World* franchise back from the edge of extinction with the help of new stars Scarlett Johansson, Jonathan Bailey and Mahershala Ali. They're on a mission to an island to extract DNA from three prehistoric creatures at the behest of Rupert Friend's slimy pharma executive. 2025, 12, 133MIN

CLASSIC

Cool Hand Luke

8pm, Sky Greats ★★★★★

Sex ○○○ Violence ●○○ Language ○○○

Paul Newman is sentenced to two years on a brutal Southern chain gang for drunkenly beheading parking meters. Standing up to the worst that the sadistic guards can throw at him, he's an inspiration to his fellow cons, but every man has his breaking point... Newman is on top charismatic form and was nominated for an Oscar, while George Kennedy won one as a fellow convict. One of the great Hollywood prison movies. 1967, 15, 126MIN

SCI-FI

The Road

9pm, GREAT! action ★★★★

Sex ○○○ Violence ●●○ Language ●●○

Cormac McCarthy's post-apocalyptic novel becomes a grim but thought-provoking drama, with fine performances under gruelling conditions from Viggo Mortensen and Kodi Smit-McPhee as a father and son looking for safety in a bleak American landscape. As the duo try to survive by any means possible, many may find the film much too depressing, but Mortensen's determination holds your attention throughout. 2009, 15, 112MIN

BIOPIC

Elvis

⚽10.40pm, BBC1 (11.10pm Scot, 11.20pm Wales) ★★★★

Sex ●○○ Violence ○○○ Language ●●○

Director Baz Luhrmann's vibrant biopic of Elvis Presley gets a standout, star-making performance from Austin Butler who imbues Elvis with heartbreaking vulnerability. The film spans 30 years of his life and interestingly is told by Tom Hanks' Colonel Tom Parker, who managed – and controlled – Elvis for much of his career. 2022, 12, 159MIN

■ Full listings start on p85

Friday 10 July

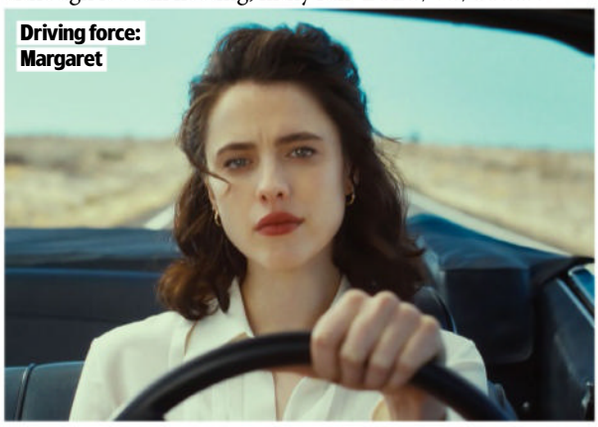
CRIME COMEDY

Honey, Don't!

7.40am, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●○ Language ●●●

A car crash fatality is an apparently simple case for private investigator Margaret Qualley, but the trail leads to an oily, drug-running reverend, played with wicked glee by Chris Evans. Aubrey Plaza's cop is Qualley's latest fling and there are other insubstantial story threads dangling about. This second film in director Ethan Coen's planned trilogy of lesbian comedy thrillers (following *Drive-Away Dolls*), all starring Qualley, is less of a film and more of a vibe, although it's still fleeting, filthy fun. 2025, 15, 89MIN



Driving force: Margaret

SCI-FI ACTION

Independence Day

6.10pm, Film4 ★★★★

Sex ○○○ Violence ●○○ Language ●○○

American pilot Will Smith fights back when huge flying saucers appear over the world's major cities and tentacled aliens start reducing iconic landmarks to rubble. With cheesy effects and a selection of witty one-liners, this entertaining alien invasion saga was one of the biggest blockbusters of the 1990s. There's great support from Jeff Goldblum and Judd Hirsch, while Randy Quaid is fun as a pilot who goes out in a blaze of glory. 1996, 12, 145MIN

HORROR

It

8pm, Sky Sci-Fi/Horror ★★★★

Sex ○○○ Violence ●●○ Language ●●○

A bunch of misfit teens, including Jaeden Lieberher, Sophia Lillis and Finn Wolfhard, try to defeat a killer clown (Bill Skarsgård) snatching kids in their small New England town every 27 years. This superior chiller, based on Stephen King's novel, shifts the action from the 1950s to the 1980s, while director Andy Muschietti expertly depicts the kids' troubles and doles out plenty of jumpy shocks. 2017, 15, 135MIN

ACTION

Plane

9pm, Film4 ★★★

Sex ○○○ Violence ●●○ Language ●●●

Landing a plane full of passengers during a nerve-shredding electrical storm is peanuts for action star Gerard Butler. But that's merely the warm-up act for this wham-bam slice of B-movie silliness, glitzed-up with a blockbuster sheen. Bone-crunching and brain-draining, it's a raucous and reckless good time where you'll learn nothing and be thankful for it. Rarely are we treated to such pure dumb fun – enjoy! 2022, 15, 107MIN

PERIOD DRAMA

Atonement

12.05am, BBC2 ★★★★

Sex ●○○ Violence ●○○ Language ●●●

A sumptuous adaptation of Ian McEwan's compelling novel, set before and during World War Two. The jealous, vindictive actions of a 13-year-old girl (Saoirse Ronan) after she witnesses a liaison between her elder sister (Keira Knightley) and the housekeeper's son (James McAvoy) have catastrophic consequences... A superbly acted and moving drama. 2007, 15, 123MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

British Grand Prix

Coulthard

Two-time Silverstone winner and C4 expert **David Coulthard** on Sunday's big race

LIVE MOTORSPORT

Sunday, race starts 3pm, C4, Sky One, Sky Sports F1 & Sky Sports Main Event

Mercedes' Italian teen sensation Kimi Antonelli leads the drivers' championship as Silverstone stages the ninth Grand Prix of the season.

However, with a formidable British contingent on the grid – including Antonelli's teammate George Russell – the 160,000 crowd could be cheering a home win. Will McLaren's reigning champion Lando Norris make it back-to-back victories after claiming a debut win on his home circuit in 2025? Or will Silverstone legend Sir Lewis Hamilton take the chequered flag for a record-extending 10th win?

We asked two-time British Grand Prix winner David Coulthard, who is part of C4's coverage team, for his predictions…

What makes the British Grand Prix so special? It's one of F1's great high-speed challenges. There are a lot of new street circuits that have a comparatively low average speed, but Silverstone is a very different prospect. You take a breath, hold on, and hope that you've made a good judgment. If you haven't, you're on a one-way ticket to a high-speed crash.

Hamilton (Ferrari) leads the way

Hamilton, Russell and Antonelli at June's Barcelona-Catalunya GP

Silverstone is special for the British drivers, but do their foreign rivals enjoy racing there? They love the British Grand Prix because of the history – it's one of the top four 'Slam' circuits along with Monaco, Monza and Spa. These are Grands Prix that have been on the calendar since the beginning of the F1 World Championship. It's like going to Wimbledon.

Kimi Antonelli is leading the standings. What do you make of his emergence? He's been really impressive, especially as he's only 19. He did a good job in his first season last year, but nothing to indicate what could happen this season. This generation of cars clearly are working for him, but what stands out for me is the lack of mistakes. We have a teenager and 41-year-old seven-time champion in Lewis Hamilton going up against each other, which none of us could have expected.

Hamilton recorded his first win with Ferrari in Barcelona. Can he continue his resurgence on his home track? Barcelona has always been a really good proving ground for car performance and therefore driver confidence, because it has a couple of high-speed turns. It seems the upgrade Ferrari has done has brought Lewis into the hunt, so there's a real possibility he could win at Silverstone. But George Russell and Lando Norris could also be there at the finish.

WORDS: SEAN MARLAND, RICHARD MCCLURE. PHOTOS: 5, GETTY

THE MAIN EVENT

Lando Norris

The peloton at last year's race

Tour de France

LIVE CYCLING

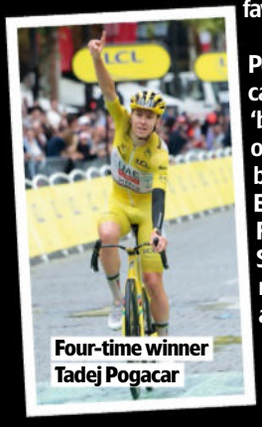
From Sat, TNT Sports 1, HBO Max & S4C

5 presenter **Rebecca Charlton** previews the famous road race

Rebecca Charlton

This year's Tour de France will see reigning champion Tadej Pogacar of Slovenia and his Danish arch-rival Jonas Vingegaard battle it out for the yellow jersey once again. TNT Sports is screening live coverage of the legendary road race, while 5 will be showing free-to-air highlights every evening at 7pm in a new three-year deal, with broadcaster Rebecca Charlton fronting the channel's coverage.

We caught up with Charlton to get her steer on this year's Tour...


Four-time winner Tadej Pogacar

THE CONTENDERS

Slovenian superstar Tadej Pogacar is aiming for a third consecutive yellow jersey and a fifth in total, and he'll be facing off with long-time rival, two-time champion Jonas Vingegaard of Denmark, who won the Giro d'Italia in May to complete a hat-trick of Grand Tour wins. Other riders to watch include Britain's two-time mountain-bike Olympic champion Tom Pidcock, Mexico's Isaac del Toro, and home favourite Paul Seixas.

'We know the battle that Pogacar and Vingegaard can offer us,' says Charlton, 'but there are three places on the podium and that will be an exciting contest, too. Everyone is talking about French 19-year-old Paul Seixas, who is in pretty mighty form and will absolutely be a contender. Fellow debutant del Toro is riding in support of Pogacar, but has just won the Tour Auvergne-Rhône-Alpes, while Tom Pidcock is in good form and one to watch.'

THE ROUTE

The 113th edition covers a total distance of 3,333km across 21 stages, finishing in Paris on Sunday 26 July. Highlights this year include an unprecedented double-header as the peloton tackles the iconic Alpe d'Huez twice in back-to-back stages. It all begins on Saturday with the most southerly Grand Depart in the event's history as Barcelona stages the first team time trial to open a Tour since 1971.

'For 2026, a major rule change for the team time trial dictates that a team's stage classification is decided by their first rider across the finish line, and riders will be individually timed for the overall General Classification,' says Charlton. 'Potentially, it means the race for the yellow jersey will begin from day one.

'The addition of the cobbled Côté de la Butte Montmartre to the finishing Paris circuit was another big change last year and fans absolutely loved it,' she adds. 'So, while the ceremonial parade may have changed, the excitement levels are higher than ever for 2026, as it returns again.'

LIVE FOOTBALL

World Cup

From Saturday, BBC1 & ITV1

The tournament steps up a gear as the round-of-16 kicks off in Houston on Saturday (6pm) – with England and Scotland hopefully still in the mix. Following a rest day on Wednesday, the first quarter-final kicks off on Thursday in Boston (9pm) followed by another last-eight clash in San Francisco on Friday (8pm). With the US staging all the games from the quarter-finals onwards, Canada and Mexico bow out as co-hosts this week with ties in Vancouver and Mexico City.

LIVE CRICKET

Women's T20 World Cup Final

Sun, play starts 3.30pm, Sky Mix, Sky Sports Cricket, Sky Sports Mix & Sky Sports Main Event

The new women's T20 world champions will be crowned at Lord's on Sunday with England still in the hunt as we went to press, helped by match-winning performances from Sophie Ecclestone in the group stage. Meanwhile, Harry Brook's England and Shreyas Iyer's India meet for three more men's T20s on Saturday (2.30pm, Old Trafford), Tuesday (5.30pm, Trent Bridge) and Thursday (5.30pm, County Ground, Bristol).

England's Sophie Ecclestone

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WIVES AT WAR
Inside their bitter stand-off
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'Gregg Wallace got what he deserved'

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I must say, I have found it quite difficult thinking 'I'm a grandma'!
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Dan Sheehan, Jac Morgan, Jamie George and Sione Tuipulotu

Nations Championship

A new **international rugby-union competition** kicks off...

LIVE RUGBY UNION

Saturday, times vary, ITV1 & ITV4

There's an exciting new addition to the international rugby-union calendar as the inaugural Nations Championship gets under way with six matches on Saturday.

The biennial championship will be contested by Europe's Six Nations sides along with the southern hemisphere's South Africa, New Zealand, Australia, Argentina and Fiji, plus Japan, and played across seven weekends in July and November during seasons in which there is no World Cup or Lions tour.

The tournament is a bid to add extra meaning to the traditional mid- and end-of-year Test matches. Nations are divided into two groups, ahead of a three-day finals weekend at Twickenham in London, at which the champions will be crowned.

As the globe-trotting action begins, Jamie George replaces Maro Itoje as skipper as England travel to Johannesburg, while Sione Tuipulotu captains a Scotland squad featuring Finn Russell and Duhan van der Merwe in Cordoba. Steve Tandy's Wales should be boosted by the return of flanker Jac Morgan as they face Fiji, while Dan Sheehan will skipper Ireland in the absence of the injured Caelan Doris.

OPENING FIXTURES

NEW ZEALAND v FRANCE
8.10am, Christchurch

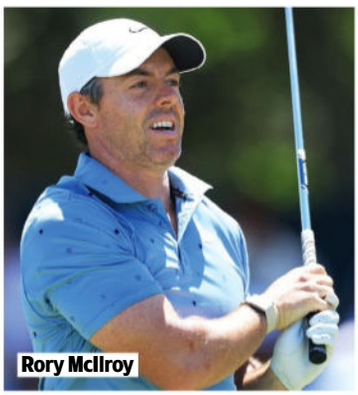
JAPAN v ITALY
9.40am, Tokyo

AUSTRALIA v IRELAND
11.10am, Sydney

FIJI v WALES
2.10pm, Cardiff

SOUTH AFRICA v ENGLAND
4.40pm, Johannesburg

ARGENTINA v SCOTLAND
8.10pm, Cordoba


Rory McIlroy

LIVE GOLF

Scottish Open

From Thursday, Sky Sports Golf & Sky Sports Main Event

Ahead of The Open Championship at Royal Birkdale next week, an all-star field gathers at The Renaissance Club in North Berwick. The top two players in the world, Open champion Scottie Scheffler and Masters winner Rory McIlroy, will be battling it out with defending champion Chris Gotterup and home favourite Robert MacIntyre. Scheffler has yet to win the event, while McIlroy took the title in 2023 and tied second last year.

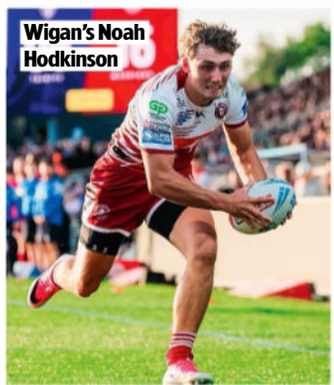
British star Alfie Hewett

LIVE TENNIS

Wimbledon

From Saturday, BBC1, BBC2 & BBC iPlayer

Fifty years after the first-ever wheelchair-tennis matches (and 21 years since it debuted at Wimbledon), British No 1 Alfie Hewett begins his campaign to regain the men's singles title from his Japanese rival Tokito Oda, who has won the last five Grand Slam singles events. Hewett will also be competing with Scotland's Gordon Reid in the men's doubles as the pair target a seventh title in SW19.


Wigan's Noah Hodkinson

LIVE RUGBY LEAGUE

Magic Weekend

Saturday & Sunday, Sky Sports

Everton's Hill Dickinson Stadium stages the event for the first time, with Huddersfield Giants taking on York Knights in Saturday's opener (k-o 12.30pm). It's the first time in Magic's 19-year history that not every game will be played at the same venue, as Saturday also features the all-French clash between Catalans Dragons and Toulouse Olympique in Castres (8pm). Sunday's finale sees Wigan Warriors against St Helens (5.30pm).

Sport A-Z and football planner »»»

WORDS: IAN MACEWAN, SEAN MARLAND, RICHARD MCCLURE. PHOTOS: GETTY, SHUTTERSTOCK, ALAMY

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Sport week A-Z GUIDE

AUSTRALIAN RULES

LIVE Gold Coast Suns v Collingwood Magpies
Sat 7am TNT Sports 1
The AFL match at Carrara Stadium.

LIVE Richmond Tigers v Carlton Blues
Sat 10.30am TNT Sports 2
All the action from the AFL match at Melbourne Cricket Ground.

LIVE Essendon Bombers v St Kilda Saints
Sun 6am TNT Sports 3
AFL action at Docklands Stadium.

LIVE Port Adelaide Power v North Melbourne Kangaroos
Sun 7.30am TNT Sports 1
The AFL match at Adelaide Oval.

LIVE Fremantle Dockers v Sydney Swans
Thu 11am TNT Sports 2
The AFL match at Perth Stadium.

LIVE Collingwood Magpies v North Melbourne Kangaroos
Fri 10.30am TNT Sports 3
AFL action at Docklands Stadium.

LIVE St Kilda Saints v Port Adelaide Power
Fri 4am TNT Sports 2
AFL action at Docklands Stadium.

BASEBALL

LIVE Seattle Mariners v Toronto Blue Jays
Sat 9pm TNT Sports 1
The MLB match at T-Mobile Park.

LIVE Chicago Cubs v St Louis Cardinals
Sat 1am TNT Sports 1
The MLB game at Wrigley Field.

LIVE Atlanta Braves v New York Mets
Sun 5.30pm TNT Sports 1
The MLB game at Truist Park.

LIVE Chicago Cubs v St Louis Cardinals
Sun 7.30pm TNT Sports 2
The MLB National League game.

LIVE Los Angeles Dodgers v San Diego Padres
Sun 12m't TNT Sports 1
MLB action at Dodger Stadium.

LIVE Kansas City Royals v Philadelphia Phillies
Mon 7pm TNT Sports 1
The MLB inter-league match which is staged at Kauffman Stadium.

LIVE Tampa Bay Rays v New York Yankees
Mon 11.30pm TNT Sports 1
The MLB American League match at George M Steinbrenner Field.

Motor racing
Britain's Oliver Rowland is second in the Formula E driver standings as the series arrives in Shanghai

LIVE Detroit Tigers v Athletics
Tue 11.30pm TNT Sports 1
The MLB American League match, which is staged at Comerica Park.

LIVE San Francisco Giants v Toronto Blue Jays
Wed 8.30pm TNT Sports 1
The MLB match at Oracle Park.

LIVE St Louis Cardinals v Milwaukee Brewers
Wed 12.30am TNT Sports 1
The MLB game at Busch Stadium.

LIVE Tampa Bay Rays v New York Yankees
Thu 6pm TNT Sports 1
The MLB American League match at George M Steinbrenner Field.

LIVE St Louis Cardinals v Milwaukee Brewers
Thu 12.30am TNT Sports 1
The MLB match at Busch Stadium.

LIVE Cincinnati Reds v Chicago Cubs
Fri 12m't TNT Sports 1
MLB at Great American Ball Park.

BASKETBALL

LIVE Los Angeles Sparks v Seattle Storm
Mon 3am Sky Sports Main Event & Sky Sports Action
The WNBA match at Crypto.com Arena.

LIVE Connecticut Sun v Minnesota Lynx
Wed 12.30am Sky Sports Action & Sky Sports +
The WNBA inter-conference match at Mohegan Sun Arena in Uncasville, Connecticut.

LIVE Los Angeles Sparks v Indiana Fever
Wed 3am Sky Sports Action & Sky Sports +
The WNBA inter-conference match staged at Crypto.com Arena.

CRICKET

LIVE LA Knight Riders v Texas Super Kings
Sat 2.15am Sky Sports Main Event & Sky Sports Cricket
The Major League Cricket match staged at Knight Riders Cricket Ground in Pomona, California.

LIVE England v India
Sat 2pm 5 & Sky Sports Cricket
The second T20 in the five-match series at Old Trafford, Manchester.

LIVE West Indies v Sri Lanka
Sat, Mon & Tue 2.45pm TNT Sports 2; Sun 2.45pm TNT Sports 3
Days two to five in the second and final Test in the series from Sir Vivian Richards Stadium in Antigua.

LIVE Gloucestershire v Surrey
Sat 6.55pm Sky Sports Cricket
The T20 Blast match from Seat Unique Stadium, Bristol.

LIVE San Francisco Unicorns v Washington Freedom
Sat 10.15pm Sky Sports + & 10.30pm Sky Sports Cricket
The Major League Cricket match.

LIVE LA Knight Riders v MI New York
Sat 2.15am Sky Sports Cricket & 2.30am Sky Sports Main Event
The Major League Cricket game.

LIVE Women's T20 World Cup
Sun 2.30pm Sky Sports Cricket, Sky Sports Mix & Sky Mix; 5pm Sky Sports Main Event
The final at Lord's. See page 27.

LIVE Seattle Orcas v Texas Super Kings
Sun 10.15pm Sky Sports Mix, 10.30pm Sky Sports Cricket & 11pm Sky Sports Main Event
The Major League Cricket match.

LIVE San Francisco Unicorns v MI New York
Sun 2.15am Sky Sports Main Event & Sky Sports Cricket
The Major League Cricket match.

LIVE England v India
Tue 5pm Sky Sports Main Event & Sky Sports Cricket
The third T20 in the five-match series at Trent Bridge in Nottingham.

LIVE Surrey v Warwickshire Bears
Wed 1.55pm Sky Sports Cricket & 2pm Sky Sports Main Event
The Women's T20 Blast League One match at The Oval in London.

LIVE Surrey v Sussex Sharks
Wed 6.25pm Sky Sports Cricket & 6.30pm Sky Sports Main Event
The T20 Blast match at The Oval.

LIVE MI New York v San Francisco Unicorns
Wed 1.15am Sky Sports Cricket & 1.30am Sky Sports Main Event
The Major League Cricket match at Grand Prairie Stadium in Texas.

LIVE England v India
Thu 5pm Sky Sports Main Event & Sky Sports Cricket
The fourth T20 in the five-match series at Bristol County Ground.

LIVE Washington Freedom v LA Knight Riders
Thu 1.15am Sky Sports Cricket & 1.30am Sky Sports Main Event
The Major League Cricket match.

LIVE England v India
Fri 10am Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
The opening day of the one-off women's Test staged at Lord's.

LIVE Lancashire Thunder v Yorkshire
Fri 2.55pm Sky Sports Mix
The Women's T20 Blast game staged at Old Trafford, Manchester.

LIVE Lancashire Lightning v Yorkshire
Fri 6.55pm Sky Sports Main Event & Sky Sports Cricket
The T20 Blast North Group match at Old Trafford, Manchester.

LIVE MI New York v Seattle Orcas
Fri 9.15pm Sky Sports Mix & 10.30pm Sky Sports Cricket
The Major League Cricket match Grand Prairie Stadium in Texas.

LIVE San Francisco Unicorns v LA Knight Riders
Fri 1.15am Sky Sports Cricket & 1.30am Sky Sports Main Event
The Major League Cricket game at Grand Prairie Stadium in Texas.

CYCLING

LIVE UCI Mountain Bike World Series
Sat 11.30am TNT Sports 1 & Sun 12noon TNT Sports 2
Races staged in La Thuile, Italy.

LIVE Tour de France
Sat 3.30pm, Sun 11.45am, Mon 10.45am, Tue & Fri 12noon, Wed 12.30pm, Thu 11am TNT Sports 1; Sun 1pm & Mon 12.30pm S4C
Stages one to seven. See page 27.

LIVE UCI Mountain Bike World Series
Fri 4.30pm TNT Sports 2
Races held in Pal Arinsal, Andorra.

EQUESTRIAN

LIVE Global Champions Tour
Sat 7.15pm TNT Sports 3
The ninth round in Monaco.

GAELIC GAMES

LIVE Cork v Galway
Sat 3.15pm BBC2 (N Ireland only) (Throw-in 3.30pm) All-Ireland Senior Hurling Championship semi-final from Croke Park.

LIVE Limerick v Clare
Sun 3.45pm BBC2 (N Ireland only) (Throw-in 4pm) All-Ireland Senior Hurling Championship semi-final.

GOLF

LIVE Arnold Palmer Cup
Sat 10am & 3.30pm, Sun 10am Sky Sports Mix
Days two and three at the Tralee Golf Links in Tralee, Ireland.

LIVE BMW International Open
Sat & Sun 12noon Sky Sports Golf
Days thee and four of the event at Golfclub München Eichenried.

LIVE John Deere Classic
Sat & Sun 5pm Sky Sports Golf & Sun 8pm Sky Sports Main Event
Days three and four staged at TPC Deere Run in Silvis, Illinois.

LIVE US Senior Open
Sat 5.30pm & Sun 8.15pm Sky Sports +
Days three and four at Scioto Country Club, in Columbus, Ohio.

LIVE Scottish Open
Thu & Fri 8.30am Sky Sports Main Event, Sky Sports Golf
Days one and two at Renaissance Club in North Berwick. See p29.

LIVE Evian Championship
Thu 11am Sky Sports Main Event, Thu & Fri 11am Sky Sports +
Days one and two at Evian Resort Golf Club in Évian-les-Bains, France.

LIVE ISCO Championship
Thu & Fri 9pm Sky Sports Golf, Thu 9.30pm & Fri 10.30pm Sky Sports Main Event
Days one and two at Hurstbourne Country Club in Louisville, Kentucky.

HORSE RACING

LIVE Sandown Park and Newmarket
Sat 1.30pm ITV4

LIVE Newmarket and Doncaster
Thu 1.30pm ITV1

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Fri 1.30pm ITV1

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LIVE 3ICE World Cup
Sat & sun 7pm Premier Sports 2

MINORITY SPORTS

LIVE IFSC Climbing World Series
Sat 11am & 3pm TNT Sports 3

MOTORCYCLING

LIVE British Superbikes
Sat & Sun 1pm TNT Sports 4, Sun 1pm Quest
The fourth round from Snetterton.

LIVE MotoGP
Fri 8am & 12.15pm TNT Sports 2
The Grand Prix of Germany practice sessions staged at Sachsenring.

LIVE World Superbikes
Fri 10.15am & Fri 3pm TNT Sports 4
Practice sessions for the eighth round at Donington Park Circuit.

LIVE Women's Circuit Racing World Championship
Fri 2pm TNT Sports 4
Superpole session for the fifth round of the season at Donington Park.

LIVE World Superbikes
Fri 4pm TNT Sports 4
Supersport Superpole session for round eight at Donington Park

MOTORSPORT

LIVE FIA Formula E
Sat 7am TNT Sports 3
The first race of the Shanghai ePrix in Shanghai. Race starts 8.05am.

LIVE Formula 3
Sat 9.30am Sky Sports Main Event; Sky Sports F1
The British Grand Prix sprint race at Silverstone. Race starts 9.35am.

LIVE Formula 1
Sat 11am C4, Sky Sports Main Event, Sky Sports F1 & Sky One
The sprint race which is staged at Silverstone. Race starts 12noon.

LIVE DTM Racing
Sat 12.15pm Premier Sports 2
The opening race at Norisring.

LIVE Formula 2
Sat 1.40pm Sky Sports Main Event; Sky Sports F1
The British Grand Prix sprint race at Silverstone. Race starts 1.45pm.

LIVE Formula 1
Sat 2.50pm Sky Sports Main Event, Sky Sports F1 & Sky One; Sat 3pm C4
The British Grand Prix qualifying. Session starts 4pm.

LIVE F1 Academy
Sat 6pm Sky Sports F1
British Grand Prix race one at Silverstone. Race starts 6.05pm.

LIVE Indy NXT
Sat 6pm Sky Sports Mix
Honda Indy 200 at Mid-Ohio first race. Race starts 6pm.

LIVE Indycar
Sat 7.30pm Sky Sports Mix
Indy 200 at Mid-Ohio qualifying session. Race starts 7.30pm.

LIVE FIA Formula E
Sat 1.30am TNT Sports 3
The Shanghai ePrix third practice.

LIVE FIM Endurance World Championship
Sat 3am TNT Sports 4
The 8 Hours of Suzuka.

LIVE FIA Formula E
Sat 3.30am TNT Sports 3
The Shanghai ePrix qualifying.

LIVE FIA Formula E
Sun 7am TNT Sports 2
The second race in the Shanghai ePrix. Race starts 8.05am.

LIVE Formula 3
Sun 8.20am Sky Sports Main Event; Sky Sports F1
The British Grand Prix feature race at Silverstone. Race starts 8.35am.

LIVE European Rally Championship
Sun 9am TNT Sports 3
Stage nine of the Rally Rome.

LIVE F1 Academy
Sun 9.55am Sky Sports Main Event; Sky Sports F1
British Grand Prix race two at Silverstone. Race starts 10am.

LIVE Formula 2
Sun 11.10am Sky Sports Main Event; Sky Sports F1
The British Grand Prix feature race at Silverstone. Race starts 11.15am.

LIVE DTM Racing
Sun 12.15pm Premier Sports 2
The second race at Norisring.

LIVE Formula 1
Sun 1.30pm C4, Sky Sports Main Event, Sky Sports F1 & Sky One
The British Grand Prix at Silverstone. Race starts 3pm. See page 26.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 3
The Group 4 matches in the Champions League tournament.

RUGBY LEAGUE

LIVE St George Illawarra Dragons v Canberra Raiders
Sat 6.15am Sky Sports Action & Sky Sports Mix
The NRLW match at St George Venues Jubilee Stadium, Kogarah.

LIVE Brisbane Broncos v North Queensland Cowboys
Sat 8.15am Sky Sports Action
The NRLW fixture staged at Brisbane Stadium.

LIVE St George-Illawarra Dragons v West Tigers
Sat 8.30am Sky Sports +
The NRL match from St George Venues Jubilee Stadium.

LIVE Huddersfield Giants v York Knights
Sat 12noon Sky Sports Action & Sky Sports + (kick-off 12.30pm)
The Super League Magic Weekend match at Hill Dickinson Stadium. See page 29.

LIVE Hull Kingston Rovers v Hull FC
Sat 2.45pm Sky Sports Action & Sky Sports + (kick-off 3pm) The Super League Magic Weekend match at Hill Dickinson Stadium. See p29.

LIVE Leigh Leopards v Warrington Wolves
Sat 5.30pm Sky Sports Main Event & Sky Sports Action (kick-off 5.30pm) The Super League Magic Weekend game at Hill Dickinson Stadium. See p29.

LIVE Catalans Dragons v Toulouse Olympique
Sat 8pm Sky Sports Main Event & Sky Sports Action (kick-off 8pm) Super League Magic Weekend game at Stade Pierre-Fabre in Castres. See p29.

LIVE Parramatta Eels v Wests Tigers
Sat 2.50am Sky Sports Mix
NRLW at Western Sydney Stadium.

LIVE New Zealand Warriors v Canterbury-Bankstown Bulldogs
Sat 4.45am Sky Sports Mix
The NRLW match staged at FMG Stadium Waikato, Hamilton.

LIVE Parramatta Eels v Manly-Warringah Sea Eagles
Sat 5am Sky Sports Action & Sky Sports +
NRL at Western Sydney Stadium.

LIVE Newcastle Knights v Dolphins
Sun 7.05am Sky Sports Action & Sky Sports +
The NRL match at Newcastle International Sports Centre.

LIVE Wakefield Trinity v Castleford Tigers
Sun 12noon Sky Sports Action & Sky Sports + (kick-off 12.30pm) The Super League Magic Weekend match at Hill Dickinson Stadium. See p29.

LIVE Leeds Rhinos v Bradford Bulls
Sun 2.45pm Sky Sports Action & Sky Sports + (kick-off 3pm) The Super League Magic Weekend match at Hill Dickinson Stadium. See p29.

LIVE Wigan Warriors v St Helens
Sun 5.30pm Sky Sports Action & Sky Sports + (kick-off 5.30pm) The final Super League Magic Weekend game at Hill Dickinson Stadium. See 929.

LIVE Queensland Maroons v New South Wales Blues
Wed 10am Sky Sports Main Event & Sky Sports Action (kick-off 11.05am). Game three of the State of Origin three-match series at Brisbane Stadium.

LIVE Cronulla-Sutherland Sharks v Brisbane Broncos
Thu 10.45am Sky Sports Mix
NRLW match at Endeavour Field.

LIVE Wests Tigers v New Zealand Warriors
Fri 11am Sky Sports Action
NRL at Campbelltown Sports Stadium.

LIVE Wigan Warriors v Warrington Wolves
Fri 7.30pm Sky Sports Action & Sky Sports + (Kick-off 8pm). Super League at The Brick Community Stadium.

LIVE North Queensland Cowboys v Wests Tigers
Fri 3.45am Sky Sports Mix
NRLW at North Queensland Stadium.

RUGBY UNION

LIVE New Zealand v France
Sat 7.30am ITV1 (kick-off 8.10am) The Nations Championship match at One New Zealand Stadium. See p29.

LIVE Japan v Italy
Sat 9.30am ITV4 (kick-off 9.40am) The Nations Championship match at Tokyo Chichibunomiya Stadium. See p29.

LIVE Australia v Ireland
Sat 10.30am ITV1 (kick-off 11.10am) The Nations Championship match at Allianz Stadium in Sydney. See p29.

LIVE Fiji v Wales
Sat 1.20pm ITV1 (kick-off 2.10pm) The Nations Championship fixture staged at Cardiff City Stadium. See p29.

LIVE South Africa v England
Sat 4.20pm ITV1 & ITV4 (kick-off 4.40pm) The Nations Championship match staged at Ellis Park in Johannesburg. See p29.

LIVE Argentina v Scotland
Sat 7.30pm ITV1 & ITV4 (kick-off 8.10pm) The Nations Championship at Estadio Mario Alberto Kempes in Cordoba. See p29.

LIVE New Zealand U20 v Italy U20
Tue 9.50am Premier Sports 1 (kick-off 10am) The Junior World Championship Pool B match.

LIVE Ireland U20 v USA U20
Tue 9.50am Premier Sports 2 (kick-off 10am) The Junior World Championship Pool C match.

LIVE Scotland U20 v Japan U20
Tue 12.20pm Premier Sports 1 (kick-off 12.30pm) The Junior World Championship Pool B match

LIVE Argentina U20 v England U20
Tue 12.20pm Premier Sports 2 (kick-off 12.30pm) The Junior World Championship Pool C match.

LIVE South Africa U20 v Wales U20
Tue 2.50pm Premier Sports 1 (kick-off 3pm) The Junior World Championship Pool A match.

LIVE France U20 v Australia U20
Tue 2.50pm Premier Sports 2 (kick-off 3pm) The Junior World Championship Pool D match.

LIVE Spain U20 v Fiji U20
Tue 5.20pm Premier Sports 1 (kick-off 5.30pm) The Junior World Championship Pool D match.

LIVE Georgia U20 v Uruguay U20
Tue 5.20pm Premier Sports 2 (kick-off 5.30pm) The Junior World Championship Pool A match.

TENNIS

Due to World Cup coverage, times and channels are subject to change.

LIVE Wimbledon
Sat 11am BBC2, 12.20pm & 5.30pm BBC1, 5.30pm BBC2 N Ireland
Day six of the tournament. See p29.

LIVE Wimbledon
Sun 11am BBC2, 12.35pm & 6pm BBC1
Day seven at the All England Club.

LIVE Wimbledon
Mon 11am BBC2, 2pm & 7pm BBC1
Day eight at the All England Club.

LIVE Wimbledon
Tue 11am BBC2, 2pm & 7pm BBC1
The quarter-finals on day nine.

LIVE Wimbledon
Wed 11.15am, 2pm & 7pm BBC1, 1pm BBC2
Day 10 of the tournament.

LIVE Wimbledon
Thu 11am BBC2, 2pm & 7pm BBC1
The 1th day, including the start of the ladies' singles semi-finals.

LIVE Wimbledon
Fri 11am BBC2, 2pm & 7.30pm BBC1
Day 12, including the start of the men's singles semi-final stage.

Saturday 4

LIVE World Cup
5.15pm ITV1 or 5.30pm BBC1 (kick-off 6pm)
The opening round-of-16 match from Houston Stadium. See p27.

LIVE World Cup
9.15pm ITV1 or 9.30pm BBC1 (kick-off 10pm)
The second round-of-16 match, which takes place at Philadelphia Stadium in the USA. See p27.

LIVE San Diego Wave FC v NJ/NY Gotham FC
1.45am TNT Sports 2 (kick-off 1.45am)

Sunday 5

LIVE Boston Legacy v Bay FC
5pm TNT Sports 2 (kick-off 5pm)

LIVE World Cup
8.15pm ITV1 or 8.30pm BBC1 (kick-off 9pm)
The third round-of-16 match staged at New York/New Jersey Stadium in the USA. See p27.

LIVE World Cup
12m't BBC1 or 12.15am ITV1 (kick-off 1am)
The fourth round-of-16 match, held at Mexico City Stadium. See p27.

Monday 6

LIVE World Cup
7.15pm ITV1 or 7.30pm BBC1 (kick-off 8pm)
The fifth round-of-16 match at Dallas Stadium in the USA. See p27.

LIVE World Cup
12.15am ITV1 or 12.40am BBC1 (kick-off 1am)
The sixth round-of-16 match from Seattle Stadium. See p27.

Tuesday 7

LIVE World Cup
4.15pm ITV1 or 4.30pm BBC1 (kick-off 5pm)
The seventh round-of-16 match, which takes place at Atlanta Stadium in the USA. See p27.

LIVE World Cup
8.15pm ITV1 or 8.30pm BBC1 (kick-off 9pm)
The eighth round-of-16 match, which takes place at BC Place Vancouver in Canada. See p27.

Thursday 9

LIVE World Cup
8.15pm ITV1 or 8.30pm BBC1 (kick-off 9pm)
The first quarter-final at Boston Stadium in the USA. See p27.

Friday 10

LIVE World Cup
7.15pm ITV1 or 7.30pm BBC1 (kick-off 8pm)
The second quarter-final, held at Los Angeles Stadium in Inglewood, USA. At this stage of the tournament in Qatar, the Netherlands and Argentina faced each other for the third time in a World Cup knockout stage. See p27.

LIVE Utah Royals FC v NJ/NY Gotham FC
3am TNT Sports 1 (kick-off 3am)

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Saturday

4 July

Planner

50 American Music Icons at the BBC

MUSIC BBC2, 9pm

On American Independence Day, the BBC have delved into the archives for this selection of performances by some of the biggest and best US artists, from Ella Fitzgerald and Louis Armstrong, to Madonna, Bruce Springsteen and Beyoncé.

Nations Championship

RUGBY UNION ITV1/ITV4

If the football World Cup (and all its required hydration breaks) has all been a bit much, this inaugural tournament featuring the world's rugby union nations may feel much fresher. Today's games include South Africa v England (kick-off 4.40pm) and Argentina v Scotland (k-o 8.10pm).

Tour de France

CYCLING

TNT Sports 1, 3.30pm

The biggest event in the cycling calendar kicks off today with a 19.6km team time-trial through the streets of Barcelona, which the event hasn't visited since 2009. Tadej Pogacar (Team UAE Emirates-XRG) is the defending champion.

Bugonia

COMEDY Sky Premiere

10.25am & 8pm

Director Yorgos Lanthimos brings his trademark absurdist style to this dark satirical thriller. Emma Stone and Jesse Plemons face off as a corporate CEO and the unhinged conspiracy theorist who believes she is an alien.

Saturday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 5.30 Wimbledon – Live: Further coverage of day six					9.15 The Weakest Link	10.00 News	10.20 Film: Anyone But You
	102 BBC2	‹ 3.00 Wimbledon – Live: Further coverage of day six				9.00 50 American Music Icons at the BBC			
	103 ITV1		7.15 News	7.30 Rugby Union: Nations Championship – Live: Argentina v Scotland (Kick-off 8.10)					10.30 News
	104 CHANNEL 4	‹ 6.30 Film: Titanic							10.15 Film: The Creator
	105 5	7.00 Tour de France		8.00 Alexander Armstrong Across America		9.00 Harry & Meghan: The Wedding That Split Two Families			10.30 When...
	106 SKY ONE	‹ 6.00 F1: British Grand Prix Qualifying		8.00 Ted's Notebook	8.30 Football's...	9.00 Film: Now You See Me			
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.30 Not Going Out		9.30 Schitt's Creek		10.35 Mrs...
	116 BBC4		7.05 Life on Earth	8.00 Voyages of Discovery		9.00 Film: Starter for 10			10.30 Keeping Up...
	118 ITV2	‹ 6.40 Film: Pitch Perfect 2				9.00 The 1% Club		10.00 Love Island: Unseen Bits	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Supercruising: Life at Sea		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 Doc	
	108 SKY ATLANTIC	‹ 6.25 The White Lotus				9.00 DTF St Louis		10.00 In Our Blood	
	110 U&GOLD	7.00 Red Dwarf			8.20 Only Fools and Horses			10.00 Red Dwarf	
	111 U&DAVE	7.00 Would I Lie to You?			8.20 Would I Lie to You?	9.00 QI			
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	‹ 6.20 Junk &...	7.30 The Motorbike Show		8.30 Ice Road Truckers				10.30 Wrestling...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: Big – Live at the O2		10.00 Friends	
	145 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Small Town, Big Story			
	143 U&DRAMA	‹ 6.40 The Brokenwood Mysteries			8.45 The Count of Monte Cristo			10.00 The Boy That Never Was	
	109 U&ALIBI	7.00 Hudson & Rex		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	‹ 6.40 The Sound of Music – Live!				9.00 The Specials: Live from Coventry Cathedral			10.35 Record On...
	132 U&W	7.00 Ambulance Australia				9.00 Ghosts			
DOCUMENTARY	125 DISCOVERY	7.00 The Woodland Workshop		8.00 Maine Cabin Masters		9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Mountain Monsters		10.00 Tanked	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Car S.O.S.				10.00 Mega Marine Machines	
	123 SKY HISTORY	7.00 FDR							
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 Train Truckers	
	114 SKY DOCS	‹ 6.00 Williams & Mansell: Red 5		8.00 Amerigo				9.50 Tina	

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen Live** New edition With chefs Andrew Wong, Seema Pankhania and Jess Shadbolt. (S)
11.30 **Anna Haugh's Big Irish Food Tour** Boxing champion Carl Frampton shows Anna around his home city of Belfast. (S)(R)
12.00 NOON **BBC News** (S)
12.10 PM **Local News** (S)
12.20 **LIVE Wimbledon** Coverage of the sixth day's play of the third Grand Slam tournament of the year, held at the All England Club, featuring men's and ladies' third-round singles matches. (S)
5.15 **BBC News** (S)
5.30 **LIVE Wimbledon** Further coverage of day six at the All England Club, featuring men's and ladies' third-round singles matches. (S)

10.20 Anyone But You

6 PM

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **5.30pm LIVE Football: World Cup** Coverage of the opening round-of-16 match at Houston Stadium. Kick-off is at 6.00. (S) **8.30 The Weakest Link** (S)(R) **9.15 BBC News** (S) **9.25 Weather** (S) **9.30 LIVE Football: World Cup** The second round-of-16 match from Philadelphia Stadium. Kick-off is at 10.00. (S) **12.30am FILM Anyone But You** Romantic comedy. (S)(AD) (2023, 15, 95min) ★★★★ **2.05 Weather for the Week Ahead 2.10-6.00am BBC News**

7 PM

8 PM

8.00 LIVE Wimbledon Further coverage of day six from the All England Club, featuring men's and ladies' third-round singles matches. (S)
■ *Today at Wimbledon* is on BBC2 at 12.00m't

9 PM

9.15 The Weakest Link JB Gill, Helen Flanagan, Kaye Adams, Adam Pearson, Davood Ghadami, Ivo Graham, Toyah Willcox and Jen Brister face general knowledge questions against the clock. (S)(R)

10 PM

10.00 BBC News (S)
10.20 FILM Anyone But You Director Will Gluck's romantic comedy based on William Shakespeare's *Much Ado About Nothing*, starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a lavish wedding. With Alexandra Shipp, Dermot Mulroney, Rachel Griffiths and Bryan Brown. (S)(AD) (2023, 15, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 Weather for the Week Ahead Seven-day forecast. (S)
12.00 M'T **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.10 AM **Children's Programmes**
8.40 **FILM Marcel the Shell with Shoes On** Animated comedy with the voice of Dean Fleischer Camp. (S) (2021, PG, 80min) ★★★★
10.00 **Gardeners' World** Adam Frost works on his new garden by planting shrubs and building a path, while Carol Klein combines flowers and edibles. (S)(R)
11.00 **LIVE Wimbledon** Coverage of the opening play on day six of the Grand Slam tournament from the All England Club, including third-round matches in the men's and ladies' singles competitions. (S)
3.00 PM **LIVE Wimbledon** Further coverage of day six from the All England Club, including third-round matches in the men's and ladies' singles competitions. (S)

6.00 Wimbledon

6.00 LIVE Wimbledon Further coverage of day six of the Grand Slam tournament from the All England Club, where third-round matches in the men's and ladies' singles competitions are scheduled to conclude. Grigor Dimitrov overcame Sebastian Ofner 6-3, 6-4, 7-6 at this stage in 2025, and despite slipping down the rankings since due to injury, he returned again this year after being given a wild card. (S)

9.00 NEW 50 American Music Icons at the BBC To mark the United States celebrating 250 years of Independence, this programme features 50 of the biggest names in modern American music and their performances over the years at the BBC. Featuring performances by Beyoncé, Bruce Springsteen, Ella Fitzgerald, Nirvana, Johnny Cash, Louis Armstrong, Lady Gaga, Liberace, Carole King, Bruno Mars and Tina Turner. (S)
12.00 M'T **Today at Wimbledon** Action from the sixth day's play. (S)
1.00 AM **Cricket: T20 Highlights** England v India: Action from the second T20 in the five-match series at Old Trafford. (S)
1.30 **FILM Godland** Drama starring Crosset Hove Elliott. Subtitled. (2022, 12, 135min) ★★★★
3.45 **Sign Zone: Who Do You Think You Are?** Joe Swash. (S)(R)(AD)
4.45 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's French Adventure** Bresse. (S)(R)(AD)
6.30 **James Martin's Spanish Adventure** Asturias. (S)(R)(AD)
7.30 **LIVE Rugby Union: Nations Championship** New Zealand v France: From Christchurch, New Zealand. Kick-off is at 8.10. (S)
10.30 **LIVE Rugby Union: Nations Championship** Australia v Ireland: Ugo Monye presents coverage from Sydney. Kick-off is at 11.10. (S)
1.20 PM **LIVE Rugby Union: Nations Championship** Fiji v Wales: All the action from Cardiff City Stadium. Kick-off is at 2.10. (S)
4.20 **LIVE Rugby Union: Nations Championship** South Africa v England: Coverage from Ellis Park in Johannesburg. Kick-off is at 4.40. *See feature, page 29.* (S)

• *Alternative schedule* If ITV1 show today's World Cup matches, the schedule will be: **4.20pm Tipping Point: Best Ever Finals** (S)(R) **4.45 ITV News** (S) **5.00 Local News** (S) **5.15 LIVE Football: World Cup** Coverage of the opening round-of-16 match from Houston Stadium in the USA. Kick-off is at 6.00. (S) **8.45 It'll Be Alright on the Night** Another selection of TV clangers. (S)(R)(AD) **9.15 LIVE Football: World Cup** Coverage of the second round-of-16 match from Philadelphia Stadium in the USA. Kick-off is at 10.00. (S) **12.35am Jonathan Ross Special Guests: Oasis** (S)(R) **1.00-3.00am Teleshopping**

7.15 ITV News (S)
7.30 LIVE Rugby Union: Nations Championship Argentina v Scotland: All the action from Estadio Mario Alberto Kempes in Cordoba. Argentina have won three of the five meetings between the teams this decade, including the most recent contest, which saw them prevail 33-24 at Murrayfield last November. Scotland were 14-0 up at half-time on that occasion and extended that lead to 21-0 in the second half, but the Pumas fought back to claim a famous victory. Kick-off is at 8.10. (S)
■ If ITV1 shows today's World Cup football, South Africa v England and Argentina v Scotland will be shown live on ITV4

10.30 ITV News (S)
10.45 FILM Downton Abbey: A New Era Drama spin-off starring Hugh Bonneville, Jim Carter, Michelle Dockery and Maggie Smith. The Crawley family go on a journey to the south of France to uncover the mystery of the dowager countess's villa. (S) (AD) (2022, PG, 150min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.15 AM **Teleshopping**
3.00 James Martin's Spanish Adventure (S)(SL)(R)(AD)
4.00 Unwind with ITV (S)
5.00 to 6.00 AM **Ainsley's Fantastic Flavours** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.20 AM **The King of Queens** (S)(R)(AD)
8.00 **Everybody Loves Raymond** (S)(R)
9.00 **Frasier** 21 &22/24. (S10) (S)(R)(AD)
10.00 **The Simpsons** (S)(R)(AD)
11.00 **LIVE F1: British Grand Prix Sprint Race** Steve Jones hosts coverage of the sprint race in the ninth round of the season, held at Silverstone. Start-time is at 12.00. (S)
1.00 PM **Narrow Escapes** Martin faces up to his fears in the Harecastle Tunnel in Staffordshire. (S)(R)(AD)
2.00 **Chateau DIY** In Normandy, Terry and Ashley set about installing a new fireplace. (S)(R)(AD)
3.00 **LIVE F1: British Grand Prix Qualifying** Steve Jones presents coverage of the battle for grid positions for the ninth round of the season, held at Silverstone. Start-time is at 4.00. (S)

10.15 The Creator

6.00 News (S)
6.30 FILM Titanic Director James Cameron's Oscar-winning drama starring Kate Winslet and Leonardo DiCaprio. A poor young artist and the rebellious daughter of a wealthy family meet and fall in love on board the doomed liner as it makes its fateful maiden voyage. With Billy Zane and Kathy Bates. (S)(AD) (1997, 12, 225min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.15 FILM The Creator Sci-fi action thriller starring John David Washington. A former Special Forces operative hunts the architect of an artificial intelligence that threatens humankind's existence. (S)(AD) (2023, 12, 155min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **F1: British Grand Prix Sprint Race and Qualifying Highlights** Action from Silverstone. (S)
1.50 FILM Smile Horror starring Sosie Bacon and Kyle Gallner. (S)(AD) (2022, 18, 115min) ★★★★
3.45 NEW Iris Prize Best British Shorts *Blackout*. (S)(AD)
4.05 Grand Designs (S)(SL)(R)(AD)
5.00 to 5.50 AM **The Simpsons** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
8.55 **Entertainment News** (S)
9.00 **Secrets of the Royal Palaces** The accidental origins of Buckingham Palace. (S)(R)
10.00 Tales from the Palace of Westminster. (S)(R)
11.00 **Inside the Four Seasons: Park Lane** A look behind the scenes of the London hotel. (S)(R)
12.00 NOON TV couple Rachel Riley and Pasha Kovalev check in to the hotel. (S)(R)
1.00 PM **The Royals: Uncensored** New edition Debate and insider analysis on the Royal Family.(S)
2.00 **LIVE Cricket: IT20** England v India: Coverage of the second T20 encounter in the five-match series from Emirates Old Trafford, Manchester. (S)

9.00 Harry & Meghan

6.30 **The Best of World's Strongest Man** Action from the 2022 final in Sacramento, California, as athletes competed in the ultimate test of strength. (S)
6.55 **News** (S)(R)
7.00 **Tour de France** Rebecca Charlton presents action from the opening stage of the race, a 19.6km team time-trial in Barcelona. (S)
■ Live coverage of the Tour de France is on TNT Sports
8.00 **Alexander Armstrong Across America** New edition 2/4. Alexander heads into the Appalachian mountains of West Virginia. *See feature, page 19.* (S)
9.00 **Harry & Meghan: The Wedding That Split Two Families** Looking at the clashes between the Duke and Duchess of Sussex and the rest of the Royal Family. (S)(R)
10.30 **When Comedy Goes Horribly Wrong** A compilation of mishaps from comedy shows, including a stunt fight that ended badly for Russell Howard. (S)(R)
12.30 AM **Scandal!: When Sven Scored with Ulrika** (S)(R)
1.30 **Cops** Documentary. (S)(R)
1.55 **Entertainment News** (S)
2.00 **Teleshopping** (S)(R)
3.00 **Build Your Dream Home in the Country** From Lancashire. (S)(R)
3.50 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Hawaii Five-0** (S5) (S)(R)
8.00 **The Simpsons** (S)(R)
10.00 **F1: British Grand Prix Sprint Qualifying** Action from the sprint qualifying session in round nine at Silverstone. (R)
11.00 **LIVE F1: British Grand Prix Sprint Race** Coverage of the sprint race in the ninth round of the season, held at Silverstone. Start-time is at 12.00.
1.40 PM **Sport's Funniest Moments** Farcical moments from the sporting world. (S)(R)(AD)
2.45 **Flying Lap: Silverstone** A hot lap of the famous track.
2.50 **LIVE F1: British Grand Prix Qualifying** The battle for grid positions in the ninth round of the season, held at Silverstone. Start-time is at 4.00.

9.00 Now You See Me

6.00 **F1: British Grand Prix Qualifying** Action from the battle for grid positions for the ninth round of the season, held at Silverstone. Max Verstappen of Red Bull took pole position here last year, with the McLaren duo of Oscar Piastri and Lando Norris qualifying second and third fastest respectively.
8.00 **Ted's Notebook** A review of the British Grand Prix qualifying session.
8.30 **Football's Funniest Moments** Comical incidents from the football world. (S)(R)(AD)
9.00 **FILM Now You See Me** Thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. With Dave Franco, Mélanie Laurent and Michael Caine. (S) (2013, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.10 **F1: British Grand Prix Qualifying** The battle for grid positions at Silverstone. (R)
1.10 AM **La Brea** 9/10. A stunning revelation puts Josh and Izzy's lives on the line. (S)(R)(AD)
2.10 10/10. With news of one last sinkhole opening, Gavin, Izzy and Dr Nathan launch a final rescue effort. (S1) (S)(R)(AD)
3.10 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
11.30am-12.00noon Weatherman Walking: The Welsh Coast (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
3.15pm **LIVE** All-Ireland Hurling (S) **5.30-9.00pm** **LIVE** Wimbledon (S)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Parc Glan Gwil **10.15** Garddio a Mwy **10.50** Dan Do **11.20** Gwyliau Gartref (AD) **11.50** Ffermio **12.25pm** Ffasiwn Drefn (AD) **12.55** 3Cân **1.30** Clwb Rygbi Rhyngwladol **4.30** Seiclo: Tour de France **6.30** Cyfres Triathlon Cymru: Llanelli CN **7.30** Newyddion a'r Tywydd **7.45** Ciao! Colleen Ag Owain (AD) **8.15** Noson Lawen **9.15** Seiclo: Tour de France **9.45** Amour & Mynydd **10.45-11.35pm** 24 Awr Newidiodd Gymru

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *Under the Lake:* 3/14. Part one of two. An underwater base comes under attack. **7.45** *Before the Flood:* 4/14. Part two of two. An alien warlord makes urgent plans to ensure his survival. (S9)
8.30 **Not Going Out** 1/6. Wendy produces a portrait of Frank. **9.00** 2/6. Lee sends a rude text to Anna. (S12)
9.30 **Schitt's Creek** 8/13. Moira and David try to sell cosmetics to the locals. **9.50** 9/13. Johnny agrees to speak at a stranger's funeral. **10.10** 10/13. Johnny and Moira go to Roland's Hawaiian party. (S1)
10.35 **Mrs Brown's Boys** 5/6. Dermot gets cold feet in the run-up to his wedding. **11.00** 6/6. Newlyweds Dermot and Maria argue over whether they should buy their own home. (S1)
11.30 **Only Child** 4-6/6. (S1)
1.00 AM **Bluestone 42** (S1)
2.55 **World Cup 1998**
3.10 **to 3.55** AM **Doctor Who**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
11.35 **A Place in the Sun**
3.40 PM **Come Dine with Me** Spray tan artist Saffron hosts the first night in north Wales. **4.15** Law student Jake hosts. **4.50** Property developer Joey hosts the third night. **5.20** Make-up artist Piers hosts the fourth dinner party. **5.50** Clinical practitioner Laura hosts the final night.
6.20 **Four in a Bed** The contest gets under way at The Kings Head Inn in West Sussex.
6.55 **Four in a Bed** The second visit is to The Roade House in Roade, Northamptonshire. **7.25** The third visit is to The Halfway House Inn in Morley, West Yorkshire. **7.55** The fourth and final visit is to Stamford Meadows Glamping in Lincolnshire. **8.30** Payment Day arrives.
9.00 **24 Hours in A&E** The department treats a 31-year-old biker who was involved in a head-on collision, and a teenager left with injuries to his hand after punching through a window.
10.00 **24 Hours in A&E** Following the staff of King's College Hospital in London as they face a busy day dealing with brain injuries
11.05 **999: On the Front Line**
1.10 AM **24 Hours in A&E**
3.20 **to 3.45** AM **The Perfect Pitch**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Natural World: Africa's Lion Kings**
7.05 **Life on Earth** Naturalist David Attenborough examines the earliest land vegetation and insects.
8.00 **Voyages of Discovery** Looking at Captain James Cook's historic 1768 voyage.
9.00 **FILM Starter for 10** Romantic comedy starring James McAvoy, Alice Eve and Rebecca Hall. A working-class Essex boy pursues his goal of appearing on *University Challenge* and tries to win the heart of a posh fellow student. (2006, 12, 97min) ★★★★
10.30 **Keeping Up Appearances** Hyacinth and Richard take over a country cottage.
11.00 **One Foot in the Grave**
11.30 **Woolly Mammoth: Secrets from the Ice**
12.30 AM **Life on Earth**
1.25 **Voyages of Discovery**
2.25 **David Hockney: A Life in Art – The Interview**
2.50 **to 3.30** AM **Face to Face with David Hockney**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **The Great Australian Bake Off** Biscuit Week.
7.10 **Rude(ish) Tube Shorts**
7.15 **Don't Tell the Bride**
8.50 **FILM PAW Patrol: The Movie** Animated adventure. (2021, U, 86min) ★★★
10.35 **Ramsay's Hotel Hell**
11.35 **Ramsay's 24 Hours to Hell and Back**
3.35 PM **The Simpsons**
5.05 **FILM Cloudy with a Chance of Meatballs** Animated family comedy. (2009, U, 90min) ★★★★
7.00 **The Simpsons** *Dangers on a Train:* Marge starts chatting to a man over the internet. **7.30** *The Wreck of the Relationship:* Homer and Bart embark on a father-son bonding ocean voyage.
8.00 **Supercruising: Life at Sea** Dancer Summer from Milton Keynes is one of the newest recruits to the crew sailing the Caribbean, and is acclimatising to performing on a rocky stage while missing family back home.
9.00 **Celebrity Gogglebox** Famous faces appraise *Killing Eve, Taken* and *The Chase.*
10.00 **Gogglebox** Opinions on *Last One Laughing* and *Celebrity Ex on the Beach.*
11.05 **Gogglebox**
12.05 AM **First Dates**
2.15 **Gogglebox**
4.00 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

Saturday primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Sun, Sea and A&E**
8.00 **A1: Britain's Longest Road**
9.00 **UK Border Force** The UK Border Agency prepares to carry out a mass deportation.
10.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
12.00 NOON **Caught Red Handed** Triple bill of the series with Dominic Littlewood.
2.00 PM **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.

9.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Blue Bloods** *Life During Wartime:* 4/21. Danny and Baez look into a series of robberies targeting luxury timepieces. (S13)

10 PM
10.00 **Doc** *Happy Birthday:* 22/22. Amy infects herself with a deadly virus in an effort to save Richard's life. (S2)
11.00 **The Equalizer** 14/18. (S2)
12.00 M'T **FBI** 18/22. (S7)
1.00 AM **Caught on Dashcam**
2.00 **Road Wars**
3.00 **Brit Cops: Frontline Crime UK** Documentary series.
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Gomorrah** 1-7/12. (S2)
3.00 PM **The White Lotus** 4/8. Piper seeks support for a family announcement aboard a yacht, and Rick reveals his past to Chelsea.
4.10 5/8. A party extends into the night and friends explore Bangkok's clubs.
5.15 6/8. Laurie feels deceived by Jaclyn.
6.25 7/8. Rick confronts his nemesis, and Belinda takes Zion to Chloe's party. (S3)

9.00 DTF St Louis

7.30 **The White Lotus** *Amor Fati:* 8/8. Belinda negotiates a deal with Zion that could secure her future, Gaitok shares his plans with Mook, and Timothy comes up with a plan for his family. (S3)

9.00 **DTF St Louis** *The Go-Getter:* 3/7. Detective Plumb discovers that Carol has lied about key details of her affair. (S1)

10.00 **In Our Blood** *Intriguing Habits:* 3/4. The media fuels a new wave of hatred against the gay community. (S1)
11.00 **In Our Blood** 4/4. With infections rising rapidly, David and Jeremy adopt a bold new approach – terrifying people into paying attention. (S1)
12.05 AM **Deadwood** 1-4/12. (S1)
4.10 **Urban Secrets**
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **Dress to Impress**
9.00 **Celebrity Dinner Date**
11.05 **Deal or No Deal: Celebrity Special**
12.05 PM **Deal or No Deal**
2.10 **Celebrity Catchphrase**
3.10 FILM **Madagascar: Escape 2 Africa** Animated comedy adventure sequel with the voice of Ben Stiller. (2008, PG, 89min) ★★★
4.55 FILM **Ice Age: Continental Drift** Animated adventure sequel. (2012, U, 84min) ★★

3.10 Madagascar: Escape 2...

6.40 FILM **Pitch Perfect 2** Comedy sequel starring Anna Kendrick and Rebel Wilson. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella in Copenhagen. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

10.00 **Love Island: Unseen Bits** New edition Reality show in which singletons seeking a romance compete in the hope of finding love.
11.05 **Family Guy** 18/30. Peter starts his own religion. (S4)
11.35 20/22. Comedy. (S3)
12.05 AM **American Dad!** (S4&3)
1.05 **G'wed** 4/7. (S3)
1.40 **Plebs** 4/6. (S1)
2.10 **Piglets** 1/6. (S2)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** Triple bill. (S1&2)
9.55 **Endeavour** *Terminus.*
11.50 **The Darling Buds of May**
2.00 PM **Midsomer Murders** *A Talent for Life:* A glamorous senior citizen and a distinguished doctor are killed.
4.00 *Painted in Blood:* Barnaby and Troy investigate the death of amateur artist Ruth Fairfax.
6.00 *A Tale of Two Hamlets:* An actor's death exposes a centuries-old feud. With guest star Beth Goddard.

11.50 The Darling Buds of May

Midsomer Murders (started at 6.00pm)

8.00 **Midsomer Murders** *A Grain of Truth:* An organic bakery in the newly restored Larkton's Mill causes resentment amongst several villagers, but a series of incidents surrounding the business ends in a murder.

10.00 **Vera** *Poster Child:* The team investigate the murder of a surgeon and the abduction of his two teenage daughters. Guest stars Saskia Reeves and Dean Andrews.

11.50 **Inspector Morse** *The Last Enemy:* An academic at a prestigious college disappears.
2.00 AM **George and Mildred**
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Highlights**
6.20 **The Big Match Revisited**
7.25 **World Rally Championship**
8.30 **Racing: The Opening Show**
9.30 LIVE **Rugby Union: Nations Championship** Japan v Italy. *See feature, page 29.*
11.40 **World of Sport**
11.55 **Made in Britain**
12.30 PM **American Pickers**
1.30 LIVE **Racing** From Sandown Park and Newmarket.
4.05 **The Best of the 90s**
4.20 **Sharpe** *Sharpe's Mission.*
6.20 **Junk & Disorderly**

• *Alternative schedule* If ITV1 show this evening's World Cup football, the ITV4 schedule will be: **4.20pm** LIVE **Rugby Union: Nations Championship** South Africa v England: Kick-off is at 4.40. **7.15 Football League Legends** **7.30-10.30pm** LIVE **Rugby Union: Nations Championship** Argentina v Scotland: Kick-off is at 8.10. **1.30am Two and a Half Men** **2.30-3.00am Unwind with ITV**

7.30 **The Motorbike Show** Henry Cole rides through Cotswolds on some of his favourite roads and tells the story of the V-max.
8.30 **Ice Road Truckers** The truckers form a convoy when the rising temperatures make the road dangerous.
9.30 **Ice Road Truckers** A trucker's son scatters his father's ashes on Atigun, and a nasty surprise awaits Jack Jessee on a blind corner.
10.30 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
12.30 AM **Minder** The Daleys move into corporate hospitality.
1.30 **The Champions** The team search for contaminated drugs.
2.30 **Two and a Half Men** (S3)
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Agency: Unfiltered** 5/6. Darby reveals a secret that has been troubling her.
7.45 6/6. Kirsten and Amy announce the winner of the Academy.
8.15 **The Repair Shop on the Road** Will Kirk and Kirsten Ramsay restore a historic carriage.
9.00 **The Chief** 4/4. Miekelson dusts off his old charm and gets set to explore the singles scene. (S1)
9.30 **The Scotts** 2/6. Laura is troubled by the apparent doppelgänger of a Hollywood star. (S2)
10.00 **My Old School** The story of Scotland's most notorious imposter.
11.45 PM **to 12.00** M'T **Growing Up Scottish** The comedians look back at friendships.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 1/8. (S1)
8.25 **Will & Grace** (S4)
11.00 **Breeders** 1-5/10. (S1)
1.30 PM **Community** (S3&4)
4.00 **Will & Grace** (S1)
6.30 **The Office (US)** 10/22. Michael arranges a Christmas party for the office staff.
7.00 11/22. Michael takes the staff on a motivational cruise.
7.30 12/22. Michael injures his foot.
8.00 13/22. Jim regrets telling Michael about his feelings for Pam.
8.30 14/22. Michael reminisces about his pre-management days. (S2)
9.00 **Katherine Ryan: First Born Daughter**
10.15 **Bill Maher: Is Anyone Else Seeing This?**
11.30 FILM **Blithe Spirit** Comedy with Isla Fisher. (2020, 12, 95min) ★★★
1.30 AM **Avenue 5** (S1)
3.20 **I Love LA** 1&2/8. (S1)
4.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Les Misérables: The Staged Concert**
8.55 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM FILM **Flash Gordon** Sci-fi adventure with Sam J Jones. (1980, PG, 115min) ★★★
3.10 **Queen: Live in Milton Keynes** From 1982.
5.25 **Bee Gees: In Our Own Time** Documentary.
6.40 **The Sound of Music: Live!** Musical.
9.00 **The Specials: Live from Coventry Cathedral** Performance from 2019.
10.35 **Record On: The Specials – A Message to You**
12.10 AM **White Riot**
1.55 **Ian Dury and the Blockheads: Hold on to Your Structure**
3.15 **Johnson & Knopfler's Music Legends**
4.10 **Discovering**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: America's Front Line**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed** Triple bill.
4.00 **Ningaloo: Australia's Ocean Wonder**
5.00 **Deep Dive North America** Documentary.
6.00 **Reef Wrecks**
7.00 **Coral City** Footage of the Great Barrier Reef during autumn.
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 **Agatha Raisin** *The Deadly Dance:* 2/4. A scathing news article damages Agatha's business. (S3)
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Beat the Chasers**
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Celebrity Catchphrase** With guests Motsi Mabuse, Rob Delaney and Amber Rose Gill.
9.00 **The Chase Celebrity Special** Len Goodman, Nicki Chapman, Will Kirk and Joe Pasquale compete for charity.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
11.30 **Come Dine with Me**
2.00 PM **Couples Come Dine with Me** From Bristol.
3.00 **George Clarke's Amazing Spaces**
4.00 **A Place in the Sun**
8.00 **Location, Location, Location** Catching up with house-hunters in Leeds and west London.
9.00 **Grand Designs** A couple building their home above a swamp near a West Sussex estuary.
10.00 **Bill Bailey: Limboland** The comedian muses on people's expectations of happiness in a show recorded at the Hammersmith Apollo.
11.00 **8 Out of 10 Cats Does Countdown**
12.05 AM **Celebrity Gogglebox**
2.05 **Emergency Helicopter Medics** Documentary.
3.05 **999: On the Front Line**
4.05 **to 5.00** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **2.00** PM 16/26. The crew members discover a human corpse on a deserted craft. **3.00** 17/26. Archer and Tucker are arrested. (S2)
4.00 **Star Trek: Voyager** 16/26. Part two of two. Janeway attempts to rescue Seven. **5.00** 17/26. Kim falls in love. **6.00** 18/26. Paris and Torres get married. (S5)

9.00 Small Town, Big Story

7.00 **Star Trek: Voyager** *The Fight:* 19/26. Chakotay is contacted by a telepathic species and is convinced he is a legendary boxer.
8.00 **Star Trek: Voyager** *Think Tank:* 20/26. Bounty hunters pursue the ship and aliens offer to help the crew escape. (S5)
9.00 **Small Town, Big Story** *How Many People Does He Need?* 2/6. Wendy closes in on Seamus while navigating a crisis.
10.00 **Small Town, Big Story** *On Children:* 3/6. Joanne's 18th birthday and the first day of filming on the TV shoot lead to chaos. (S1)
11.00 **Small Town, Big Story** 4/6. Seamus deals with the fallout from his confession. (S1)
12.00 M'T **Grimm** 16/22. A Wesen preys on men attracted to her. **12.50** AM 17/22. A rare Wesen leaves its murders victims frozen solid. (S4)
1.50 **The Walking Dead** (S5&6)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S15)
10.00 **Miss Scarlet** (S5)
12.00 NOON **Death in Paradise**
1.00 PM **Father Brown** Four episodes, including at: **4.00** *The Jackdaw's Revenge:* The priest must protect those closest to him when an old foe is released from prison. **5.00** *The Scales of Justice:* The priest races to save Bunty from the hangman's noose.
6.00 **Death in Paradise** 2/8. The island's governor is poisoned at her leaving party. (S5)

9.00 Death in Paradise

7.00 **Hudson & Rex** *Bird's Eye View:* 8/8. A ruby from an old heist is found near a dead landowner who was hiding a nesting site. (S8)
8.00 **Father Brown** *The Curse of the Aesthetic:* Father Brown must discover who murdered a tortured artist before it is too late.
9.00 **Death in Paradise** *Posing in Murder:* 3/8. The team investigate when a model is strangled in the middle of a fashion show. (S5)
10.00 **Father Brown** *The Fire in the Sky:* Kembleford comes under threat of an alien invasion.
11.00 **Father Brown** *The Penitent Man:* Flambeau is incarcerated under suspicion of murder. **12.00** M'T *The Tree of Truth:* A body found in the woods is identified as a missing woman.
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Only Fools and Horses**
1.45 PM **Only Fools and Horses** The Trotters journey to Holland to dabble in the diamond import business. Guest stars Jim Broadbent. **3.45** The brothers jet off to Monte Carlo five years after achieving their dream of becoming millionaires – only for a dodgy deal to see them heading home. **5.20** Trotters Independent Traders embark on a booze cruise to France under new managing director Rodney.

8.20 Only Fools and Horses

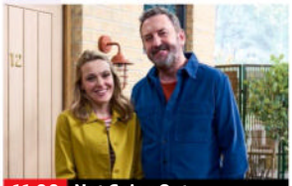
7.00 **Red Dwarf** First episode of the sci-fi comedy starring Chris Barrie. **7.40** The ship exceeds the speed of light, allowing the crew to see echoes of future events.
8.20 **Only Fools and Horses** Christmas special from 2003. Del and Rodney have only two weeks to find the cash they need to pay the Inland Revenue, or face losing their cherished flat in Nelson Mandela House.
10.00 **Red Dwarf** Lister makes a bid to be promoted to a rank above Rimmer. **10.40** Lister discovers he is a god to Cat's people.
11.20 **Bottom** Richie and Eddie's TV is repossessed, giving them ample opportunity to amuse themselves with a series of violent tit-for-tat assaults.
12.00 M'T **Bottom Live** From 1993.
2.15 AM **Bottom** As 11.20pm.
2.55 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.30 AM **Highland Cops**
8.25 **Would I Lie to You?**
1.00 PM **Would I Lie to You? at Christmas** Festive edition of the comedy panel show.
1.40 **Would I Lie to You?** Eight editions, including at: **5.00** With Pam Ayres, Sarah Kendall, Richard Osman and Kiell Smith-Bynoe. **5.40** Lady Leshurr, Philippa Perry, Alan Titchmarsh and Mike Wozniak take part. **6.20** With Rhod Gilbert, Victoria Derbyshire, Rosie Jones and Jamali Maddix.



11.00 Not Going Out

7.00 **Would I Lie to You?** With Raj Bisram, Deborah Frances-White, Stephen Mulhern and Jenny Ryan. **7.40** Jo Brand, Sam Quek, Joe Thomas and Bobby Seagull take part.
8.20 **Would I Lie to You? at Christmas** Festive edition of the comedy panel show.
9.00 **QI** With guest panellists Jessica Hynes, Phill Jupitus and Jo Brand. **9.40** Christmas special from 2006 hosted by Stephen Fry, with Alan Davies, Jo Brand, Dara O Briain and Rich Hall. **10.20** With guest panellists Rob Brydon, Jimmy Carr and Bill Bailey.
11.00 **Not Going Out** Triple bill.
12.55 AM **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz.
2.00 **I'll Get This**
3.15 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **Birds of a Feather**
9.30 **Jonathan Creek**
2.10 PM **New Tricks** *Wild Justice:* An investigation leaves Sasha facing a moral dilemma. **3.10** *Bermondsey Boy:* An old friend asks Gerry to investigate the murder of his grandson.
4.15 **Miss Marple** *Nemesis:* The sleuth embarks on a journey around England after receiving a cryptic letter from a recently deceased acquaintance asking her to conduct a mysterious investigation.

8.45 The Count of Monte Cristo

6.40 **The Brokenwood Mysteries** *Angels and Demons:* 2/6. A young, charismatic priest joins the parish. (S12)
8.45 **The Count of Monte Cristo** 4/8. Five years have passed since Edmond became the Count of Monte Cristo and his plans for revenge have fermented. He meets his old enemies – Fernand, Danglars and Villefort. (S1)
10.00 **The Boy That Never Was** 4/4. Throwing Robin off the trail, Harry convinces her that he now knows she was right, seeing Dillon was all in his head. (S1)
11.00 **The Last Detective** *Dangerous and the Lonely Hearts:* An Albanian refugee is found murdered.
12.35 AM **New Tricks**
1.55 **Birds of a Feather**
3.00 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Murder, She Wrote**
11.10 **Blue Bloods** (S4)
2.05 PM **Bull** Five episodes of the drama, including at: **4.05** *Off the Rails:* 18/20. Jason represents a train engineer who allegedly caused a fatal crash. **5.00** *The Sovereigns:* 19/20. Jason mounts the defence of an idealistic state judge. **6.00** *Wrecked:* 20/20. Jason helps Taylor bring a civil suit. (S4)
7.05 **Jesse Stone: Death in Paradise** Crime drama starring Tom Selleck and Orla Brady.
9.00 **NCIS** *For Better or Worse:* The team devise an elaborate plan to infiltrate a mob. (S22)
10.00 **Law & Order: Special Victims Unit** (S12)
1.50 AM **Bull** 15&16/20. (S4)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S7)
10.00 **Dogs Behaving (Very) Badly: Australia**
12.00 NOON **Nightmare Tenants, Slum Landlords** Six editions.
6.00 PM **Call the Bailiffs: Time to Pay Up** Five editions, including at: **8.00** Agents Mark and Sam chase a builder who owes over £10,000. **9.00** Lewis is on an overnight mission to reclaim a butcher's shop. **10.00** Scott and a team remove squatters from a council-owned building.
11.00 **Piers Morgan: Uncensored**
12.30 AM **Adults Only: An Orgasm a Day**
1.30 **Swingers: Couples Wanted!** Documentary.
2.25 **Killer at the Crime Scene** Documentary.
3.15 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Police Interceptors**
12.15 PM **Motorway Cops: Catching Britain's Speeders** Five editions of the series, including at: **3.15** Officers pursue a group riding off-road. **4.15** An officer hunts for a suspected cloned car linked to a burglary.
5.15 **FILM** **The Fastest Gun Alive** Western starring Glenn Ford. (1956, b/w, U, 85min) ★★
7.05 **FILM** **Ride the High Country** Western with Randolph Scott. (1961, PG, 93min) ★★★★
9.00 **Britain's Bloody Crown** 3/4. Richard III's murder of the Princes in the Tower in 1483. **10.00** 4/4. Margaret Beaufort's role in placing her son Henry VII on the throne.
11.00 **The X-Files** (S4)
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
1.00 PM **999 Rescue Squad**
7.00 **Ambulance Australia** Operations supervisor Gemma races to a life-threatening chainsaw accident. **8.00** An elderly woman needs assistance after suffering a fall at home.
9.00 **Ghosts** Alison and Mike host a last-minute children's party. **9.40** The spirits make a surprising new friend. **10.20** Julian aims to prove he is more selfless than people think.
11.00 **The Catherine Tate Show** Featuring Bernie the incompetent nurse. **11.35** Foul-mouthed Nan visits a pound shop. **12.15** AM Featuring guest star Peter Kay.
12.55 **Ambulance Australia**
1.55 **to 3.00** AM **Aaron Hernandez Uncovered**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Secrets of the London Underground**
11.00 **The World at War**
12.00 NOON **Flipping Bangers**
2.00 PM **A Perfect Planet**
7.00 **Bangers & Cash** Dave gets nostalgic over a pair of Raleigh Choppers and a rare Mark 1 Ford Granada. **8.00** Derek journeys to Essex to collect an Austin Allegro. **9.00** Jack heads to East Yorkshire, where a Ford enthusiast is thinning out his collection of Escorts.
10.00 **Train Truckers** The team are on the clock as they attempt to move a 100-ton diesel engine to a gala extravaganza.
11.00 **Bangers & Cash**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Tuscany.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** Sarah Moore recovers a metal trunk that is full of vintage tools. **7.00** JJ Chalmers saves a glass-fronted cabinet, a wicker trunk and wooden doors. **8.00** Transforming a dressing table, a suitcase and a petite sofa.
9.00 **Death Walker with Nick Groff** New edition Nick and Tessa Groff investigate the historic Riviera Theatre.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Saturday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
9.00 **Little House on the Prairie** Drama. (S9)
1.00 PM **Little House on the Prairie** 11-17/22. (S9)
7.00 **FILM Please Sir!** Comedy spin-off the popular 1970s TV series, starring John Alderton. (1971, PG, 97min) ★★★
9.10 **The Ruth Rendell Mysteries** *The Orchard Walls:* Drama starring Sylvia Syms. A wartime evacuee uncovers a clandestine affair. **10.20** *A Dark Blue Perfume:* Mystery drama starring John Castle. A man is haunted by memories from his past.
11.30 **Robin's Nest** (S6)
12.30 AM **Man About the House** 4/6. (S4)
1.00 **Rising Damp**
2.00 **Air Rescue**
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **Wanted: Dead or Alive** 15&16/36. (S1)
10.20 **FILM Hangman's Knot** Western adventure. (1953, PG, 81min) ★★
12.05 PM **FILM The Train** Adventure. (1964, b/w, PG, 127min) ★★★★
3.05 **FILM Raid on Entebbe** Fact-based drama. (1976, PG, 121min) ★★
6.00 **FILM A Man Called Sledge** Western. (1970, PG, 93min) ★
8.00 **FILM Safe** Action thriller. (2012, 15, 90min) ★★★
10.00 **FILM Redemption** Action thriller. (2013, 15, 100min) ★★
12.15 AM **FILM Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
2.15 **Dragon Ball Super**
3.10 **Coast Guard Alaska**
4.00 **FILM Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
5.25 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Air Rescue**
8.40 **Diagnosis Murder**
9.40 **FILM Lost Letter Mysteries: Signed Sealed Delivered** (2013)
11.30 **FILM Lost Letter Mysteries: Time to Start Livin'** (2014, PG) ★★
1.20 PM **FILM Ruby Herring Mysteries: Silent Witness** (2019, PG) ★★
3.15 **FILM Ruby Herring Mysteries: Her Last Breath** (2019, PG) ★★
5.10 **FILM Ruby Herring Mysteries: Prediction Murder** (2020, PG) ★★
7.05 **Hailey Dean Mysteries**
10.55 **FILM Aurora Teagarden: A Bone to Pick** Mystery. (2015, PG, 84min) ★★
12.50 AM **FILM I Do, or Die: A Killer Arrangement** Thriller. (2020, 12) ★★
2.25 **FILM Web of Lies** Mystery. (2009, 12) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Christmas By Design** Comedy. (2023, U, 83min) ★★
10.10 **FILM Royal Christmas Crush** Romantic drama. (2023, U, 90min) ★★
12.00 NOON **FILM My Sweet Holiday** Festive drama. (2020, PG, 84min) ★★
1.50 PM **FILM Christmas Romance Al Dente** Drama. (2020, PG) ★★
3.50 **FILM A Christmas Recipe for Romance** Drama. (2019, U) ★★
5.45 **FILM Baking All the Way** Drama. (2022, PG) ★★
7.40 **FILM The Christmas Chocolatier** Drama. (2024, PG, 82min) ★★
9.35 **FILM The Sweetest Christmas** Romance. (2017, PG, 90min) ★★
11.45 **FILM A Very British Christmas** Drama. (2019, PG, 90min) ★★
1.55 **to 5.00** AM **Highway to Heaven**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Love Your Garden**
2.00 **FILM Waking Ned** Whimsical Irish comedy. (1998, PG, 91min) ★★★
4.00 **FILM The Water Babies** Party-animated version of the classic tale. (1978, U, 92min) ★★
6.00 **FILM Buster** Comedy drama with Phil Collins. (1988, 15, 102min) ★★
8.00 **FILM Biggles: Adventure in Time** Time-travel adventure starring Neil Dickson. (1986, PG, 108min) ★★
10.00 **FILM Let's Get Laid!** Bawdy comedy starring Robin Askwith. (1977, 18, 90min) ★★
12.00 M'T **FILM Cruel Passion** Drama with Koo Stark. (1977, 18, 99min) ★★
2.00 AM **FILM Vendetta for the Saint** Mystery. (1968, PG, 94min) ★★★
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 164 141

6.00 AM **Sherlock Holmes**
7.00 **Agony** 6&7/7. (S3)
8.00 **The Dustbinmen** (S3)
8.30 **Doctor at Large**
10.00 **Bubblegum & Cheese**
11.00 **Two's Company** (S3)
12.00 NOON **Frankie's On**
12.30 PM **The Fenn Street Gang** 2&3/18. (S2)
1.30 **Frederick Forsyth Presents** Spy drama.
3.35 **Agony** 6&7/7. (S3)
4.35 **The Dustbinmen** (S3)
5.05 **Two's Company** (S3)
6.05 **Frankie's On**
6.35 **Doctor at Large** (S1)
8.05 **The Fenn Street Gang**
9.05 **Riders** 1/2. Drama.
11.10 **FILM The Cut-Throats** (1971, 18, 75min) ★★★
12.45 AM **FILM The Teacher** Thriller. (1974, 15) ★★
2.45 **Stereo Underground**
3.45 **Rewind Time Machine**
3.50 **We Had One of Those**
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Outback Crystal Hunters** Documentary.
2.00 **Gem Hunters Down Under** Double bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A 16-year-old receives a visit from a reformed extreme hoarder. **8.00** A woman who has collected hundreds of ventriloquist's dummies.
9.00 **Mysterious Creatures with Forrest Galante** In Missouri, Forrest and Jessica examine reports of a wolf-like creature.
10.00 **Expedition X** Heather and Phil head to Tennessee's Brushy Mountain Penitentiary.
11.00 **Expedition Files**
12.00 M'T **Monsters Inside Me**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa**
11.00 **Prue Leith's Cotswold Kitchen** As 8.00pm.
12.00 NOON **Michel Roux's French Country Cooking**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Rick Stein's Fruits of the Sea** Double bill.
4.00 **Rick Stein's Seafood Odyssey** Eight editions.
8.00 **Prue Leith's Cotswold Kitchen** The host is joined by Ruth Davidson.
9.00 **Diners, Drive-Ins and Dives** An eatery in Kauai. **9.30** Bison-gravy fries in Santa Fe, New Mexico. **10.00** A visit to a British-themed pub in St Louis. **10.30** Grilled cheese sandwiches with a twist. **11.00** A deli serving up turkey pastrami.
11.30 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Six Million Dollar Man** Sci-fi. (S3&4)
12.00 NOON **FILM Dragonquest** Fantasy. (2009, 12, 90min) ★★
2.00 PM **FILM The 7th Voyage of Sinbad** Fantasy. (1958, U, 87min) ★★★★
3.45 **FILM Torture Garden** Horror thriller. (1967, 15, 96min) ★★
5.45 **FILM Bullet to Beijing** Spy thriller sequel. (1995, 15, 101min) ★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM Sudden Death** Action thriller with Jean-Claude Van Damme. (1995, 18, 110min) ★★★
11.20 **FILM Universal Soldier: Regeneration** Sci-fi action thriller sequel. (2009, 18, 97min) ★★★
1.20 AM **FILM Split Second** Horror. (1991, 18) ★
3.10 **to 5.00** AM **FILM Deathwatch** Horror. (2002, 15, 95min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **Andromeda** (S3)
3.00 PM **FILM The Gambler** Musical drama. (1980, PG, 95min) ★★★
5.00 **FILM Polar Storm** Sci-fi starring Jack Coleman. (2009, PG, 92min) ★★
7.00 **FILM Battle Star Wars** Sci-fi drama starring Alyson Gorske and Luke Fattorusso. (2020, 12, 86min) ★
9.00 **FILM The Patriot** Epic period drama with Mel Gibson, Jason Isaacs and Heath Ledger. (2000, 15, 167min) ★★★
1.00 AM **FILM Black Water** Thriller starring Jean-Claude Van Damme. (2018, 15, 104min) ★★
3.00 **FILM The 7 Adventures of Sinbad** Fantasy action adventure. (2010, PG, 90min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Storage Wars Canada** Six editions.
8.20 **The UnXplained with William Shatner**
10.10 **Strange Evidence**
12.05 PM **The Proof Is Out There** Triple bill.
3.05 **What on Earth?**
6.00 **Titanic: A Dead Reckoning** Examining whether the sinking of the *Titanic* was also the scene of a crime.
7.00 **Strangest Things**
9.00 **Hitler's Engineers** Profile of scientist Walter Heisenberg, who was key in the Nazis' efforts to building an atomic bomb.
10.00 **U-Boat Wargamers** How the Wrens started devising wargaming tactics to combat U-boat formations.
11.05 **MonsterQuest**
1.00 AM **Conspiracy Files: Unsealed** Four editions.
3.00 **to 6.00** AM **UFOs: The Lost Evidence**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
5.00 PM **Murder, She Wrote** *Moving Violation:* The sheriff of Cabot Cove is arrested for murder. **6.00** *Who KilledJB Fletcher?* A fan assumes Jessica's identity to investigate goings-on at a dog show.
7.00 **Heatwave: Summer of '76** The story of the 1976 drought.
8.30 **Pauline Collins: Farewell Britain's Sweetheart** A tribute celebrating the actor's long career.
9.30 **Marilyn at 100: The Movie Star Who Changed the World** The life and career of Marilyn Monroe.
11.00 **Diana Dors: The Blonde Bombshell**
12.30 AM **Prisoner: Cell Block H** Triple bill.
3.30 **to 4.00** AM **Walking Wartime Britain**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Catchphrase Celebrity Special**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** With Mark Durden-Smith, Austin Healey Joe Pasquale and Janet Street-Porter. **6.00** Edwina Currie, Rachel Riley, Keith Duffy and Mark Charnock play for good causes.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Michael Parr, Alex Scott, Jennifer Metcalfe and Bill Turnbull.
10.00 **The Chase** Quiz.
11.00 **Bullseye** Six editions
2.00 AM **The Chase** Quiz
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
11.00 **The Big Bang Theory**
8.00 PM **The Big Bang Theory** 1/24. Leonard and Amy go to Arizona to pick up Sheldon. **8.30** 2/24. Howard enrols on a course taught by Sheldon. (S8)
9.00 **Dr Pimple Popper: Breaking Out** A woman has a large lump growing on her thigh.
10.00 **Unacceptable First Look** A preview of the comedy panel show.
10.15 **Dr Pimple Popper: Breaking Out** A 22-year-old who has lumps on her ears. **11.15** A man's thigh lump blocks his fresh start.
12.15 AM **Mike & Molly**
1.15 **Dr Pimple Popper**
2.15 **Young Sheldon**
3.15 **My 600lb Life**
4.15 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Friends** (S1&2)
7.00 PM **Friends** 5/24. Ross celebrates his birthday. **7.30** 6/24. Monica accidentally poisons Ross. **8.00** 7/24. Rachel confesses all to Ross. **8.30** 8/24. Ross makes a list of Rachel's good and bad points. (S2)
9.00 **Lee Evans: Big – Live at the O2** Stand-up show by the comedian.
10.00 **8 Out of 10 Cats Uncut**
11.40 **Stupid Central**
12.40 AM **Dara O Briain Talks Funny: Live in London**
1.45 **Kevin Bridges: A Whole Different Story**
2.45 **David O'Doherty: Comedy Central Live**
3.15 **Ardal O'Hanlon: Comedy Central Live**
3.40 **The Pep Talk**
3.45 **Utopia** 6/8. (S5)
4.15 **to 5.00** AM **Mr Bean**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
6.45 **The Culture Capsule**
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 8.00pm.
10.00 **Most Ridiculous**
3.00 PM **The Upper Hand**
8.00 **Michael McIntyre's Big Show** With Niall Horan, Jason Manford and Miranda Hart.
9.00 **Friends** 23/24. Carol finally gives birth. **9.30** 24/24. Ross's true feelings for Rachel are finally revealed. (S1) **10.00** 1/24. Rachel struggles to deal with Ross's new relationship and turns to Paolo for comfort. (S2)
10.30 **Friends** 2-12/24. (S2)
3.45 AM **Michael McIntyre's Big Show** As 8.00pm.
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Dick Emery**
9.55 **Goodnight Sweetheart**
12.50 PM **Oh, Doctor Beeching!** 4-10/10. (S2)
5.00 **Rising Damp** (S1)
6.30 **Birds of a Feather**
7.55 **Minder** *The Cruel Canal:* 13/13. Arthur and Ray take to the water. (S8)
9.00 **Benidorm** 1/7. Madge has to organise the Benidorm Palace's festive spectacular. (S4)
10.05 **Shameless** 3/8. After being knocked down during a robbery at the shop, Mandy gives birth to Lip's baby. (S3)
11.10 **Man About the House**
12.10 AM **Benidorm** 1/7. (S4)
1.10 **Minder** 9/13. (S2)
2.10 **Duty Free** 4/7. (S3)
2.35 **Man About the House**
2.55 **The Kenny Everett Video Show**
3.20 **That's 60s: Best Music Live!**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom UK: Next Generation** Triple bill.
10.00 **Catfish: The TV Show**
1.00 PM **Judge Judy**
6.00 **Beauty and the Geek Australia** A double elimination decides which couples will make it into the Grand Final. **7.30** In the Grand Final, the couples vote on who should be the winner.
9.00 **Skin A&E** Dr Emma McMullen deals with a liquid-filled neck cyst.
10.00 **Help I Sexted My Boss** Double bill of editions. Jordan North and William Hanson discuss everyday dilemmas.
12.00 M'T **Dating Naked**
2.45 AM **Ghosted: Love Gone Missing** Joanna met the man of her dreams in her rideshare driver.
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do Animals Do That?**
9.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Alaskan Bush People** Six editions, including at: **3.00** PM Rain, Snowbird and Bear make their return to the Alaskan bush after three years. **4.00** A storm threatens to cut the siblings' Alaska trip short. **5.00** The Wolfpack build a 'Boomtown' inspired camp.
6.00 **Deadliest Catch** Monte discovers Keith's pots in an illegal zone, while a storm reconnects Jake to the *Cornelia Marie*'s past.

9.00 Dr Jeff

7.00 **The Woodland Workshop** Alex creates a surf-themed lounger for a paddle boarder, but his angles don't add up.
8.00 **Maine Cabin Masters** Chase and his team begin work to add facilities to a camp on the New Meadows River.
9.00 **Naked and Afraid: Global Showdown** An injury during an intense gauntlet challenge puts a legend at risk. Competitors' torch and trap-making skills are tested, while rhinos start to circle the camps.
11.00 **Expedition Files** Investigating the Kraken, Lake Lanier, and the lost city of Atlantis.
12.00 M'T **Mystery at Blind Frog Ranch** Josh Feldman takes over the hunt for Aztec gold.
1.00 AM **How the Universe Works**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat who has soaked its home in urine. **4.00** A cat terrorising a family about to bring home a baby.
5.00 **Treehouse Masters** Building a campers' retreat for an outdoor-loving couple
6.00 **Saved by the Barn** Dwight the cow is taken to Indiana to undergo hydrotherapy.

8.00 Extinct or Alive

7.00 **How Do Animals Do That?** How an incredible snake has learned to fly. **7.30** The story behind a flamingo's colour.
8.00 **Extinct or Alive** Forrest Galante sets off on a shark-infested search for the extinct Caribbean monk seal.
9.00 **Mountain Monsters** The hunters launch a search for Jeff after he is drawn away from them by a cloaked figure.
10.00 **Tanked** Brett and Wayde race against the clock to build rapper and actor Ludacris a classy tank with lots of exotic fish.
11.00 **Alaska: The Last Frontier** A festive edition of the homesteading documentary.
12.00 M'T **The Steve Irwin Story** The life and career of the Australian naturalist.
2.00 AM **The Haunted**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Inside Sydney Airport**
12.00 NOON **Disaster Autopsy**
1.00 PM **Europe from Above**
3.00 **Construction Fails** A tanker truck fire in Philadelphia. **4.00** A tour of some of the world's most expensive and useless airports.
5.00 **Air Crash Investigation** The ValuJet Flight 592 catastrophe near Miami in May 1996. **6.00** The case of Aeroperú Flight 603, which crashed into the Pacific Ocean in 1996.

8.00 Car S.O.S

7.00 **Seconds from Disaster** A delayed flight from Washington that crashed into a bridge on the River Potomac in 1982.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a 2002 Suzuki Jimny, gifted to a retired NHS nurse by her late father.
9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Bournemouth, Dorset, give a Ford Anglia a complete makeover.
10.00 **Mega Marine Machines** At a Lake Erie recycling yard, a fire-damaged Great Lakes freighter arrives for its final job.
11.00 **Amsterdam Central 24/7** A stationary train is causing delays, and a storm brings the station to a standstill.
12.00 M'T **Ultimate Airport Dubai** Double bill looking back at highlights from the series.
2.00 **to 5.00** AM **Air Crash Investigation**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Hardcore Pawn**
9.00 **Ancient Aliens**
10.00 **History's Greatest Warriors**
11.00 **Storage Wars**
1.00 PM **Thomas Jefferson** Six editions, including at: **4.00** Thomas Jefferson's time as the American ambassador to France from 1784 to 1789. **5.00** How Jefferson won the US presidency against his former friend, John Adams. **6.00** A look at Jefferson's controversy-filled retirement and his overall legacy.

7.00 FDR

7.00 **FDR** 1/3. Portrait of President Franklin Delano Roosevelt, revealing how his fight with polio prepared him for the challenges of leading America through the Great Depression and World War Two.
8.50 **FDR** 2/3. As Hitler swept across Europe, President Roosevelt prepared a reluctant nation for war. Following the attack by the Japanese on Pearl Harbour, he led America into the greatest conflict the world has ever seen.
10.40 **FDR** 3/3. How President Franklin D Roosevelt rallied the industrial might of the US nation and helped lead the Allied forces through the darkest days of war.
12.30 AM **Secrets Declassified with David Duchovny**
1.30 **Chaos Uncut**
2.30 **Storage Wars**
4.30 **Forged with Steele**
5.00 **to 6.00** AM **History's Greatest Warriors**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Julia Roberts**
7.00 **Discovering: Richard Gere**
8.00 **The Directors**
9.00 **McLaren** Documentary.
10.50 **My Icon: Heather Watson**
11.00 **I Am Jackie O**
12.45 PM **My Icon: Denise Lewis**
1.00 **Brazilians in the Premier League** Documentary.
2.10 **Hill** A profile of Damon Hill.
4.00 **FILM Bobby** Documentary. (2016, PG, 95min) ★★★★
6.00 **Williams & Mansell: Red 5** The rise of Nigel Mansell and the Williams F1 racing team.

8.00 Amerigo

7.50 **My Icon: Natasha Jonas** The boxer speaks about the people who have inspired her career.
8.00 **NEW Amerigo** Documentary exploring the American Dream, featuring interviews with everyday Americans exploring immigration, housing, healthcare, protest, technology, media, art and more.
9.50 **Tina** A celebration of Tina Turner's life and career, featuring contributions from the Grammy Award-winning artist, as well as Angela Bassett and Oprah Winfrey.
12.10 AM **I Am Richard Pryor** A tribute to the comedian and actor, featuring interviews with Mike Epps, Tiffany Haddish and his widow Jennifer Lee.
2.00 **On the Line: The Richard Williams Story** The father of tennis stars Venus and Serena retraces his family's journey.
3.50 **My Icon: Heather Watson**
4.00 **to 6.00** AM **Queen of Speed**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars** Four editions.
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried: Classic Cars**
5.00 **Shed and Buried**
9.00 **The Repair Shop** The experts restore an antique banjo, a speedway champion's racing bib and a fairy-tale rag doll. **10.00** The team attempt to restore a well-loved set of golf clubs and a 88-year-old teddy bear from Berlin.
11.00 **In the Eye of the Storm** Footage of a rare derecho superstorm blasting through the Midwest in 2020.
12.00 M'T **Mysteries of the Deep** Double bill.
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** The 2016 murder of author Helen Bailey by her partner Ian Stewart.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Caught in the Net**
6.00 **Evil Online** Triple bill.
9.00 **NEW SERIES American Detective with Lt Joe Kenda** The abduction and murder of a teacher haunts the residents of a New England town.
10.00 **Big Girls Wanted: Escaping Pearadise** New edition Kass Parades' death shatters the community, but Pearadise presses on.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: The Female Killer** The murders of three men by Joanne Dennehy.
8.00 **UK Crime Files: Murderous Marriage** Donal MacIntyre investigates the murder of Surjit Athwal.
9.00 **UK Crime Files: The Head on the Beach** The case of Lithuanian ex-soldier Vitas Plytnikas.
10.00 **UK Crime Files: Murder: Buried Alive**
11.00 **UK Crime Files: Serial Killer in the Making?**
12.00 M'T **UK Crime Files: Murdered for £20**
1.00 AM **Donal MacIntyre's Killer Evidence**
2.00 **Bloodline Detectives**
3.00 **When Death Comes Knocking** Documentary.
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Secrets of a Murder Detective**
3.00 PM **UK Crime Files: The Party Killer** A look at how Charlotte Pinkney vanished after going to a party in Ilfracombe.
4.00 **UK Crime Files: Wrongful Revenge** The case of Colin Gunn, who ordered two murders.
5.00 **UK Crime Files: Murder at the Gate** The murder of 50-year-old Nigel Bacon from Clumber Park, Nottinghamshire.
6.00 **UK Crime Files: Acid Bath Murders** A look at the case of John George Haigh, who, while in prison, came up with a plan for the perfect murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **UK Border Force**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
10.00 **Caught Red Handed**
12.00 NOON **Police 24/7**
1.00 PM **Murder in Slow Motion** Documentary.
2.00 **World's Most Evil Killers**
3.00 **Britain's Most Evil Killers**
4.00 **Murder Uncut**
5.00 **Killing Mum and Dad**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
9.00 **Murder in the Alps**
12.00 M'T **World's Most Evil Killers** The crimes of Robert Ben Rhoades.
1.00 AM **How I Caught the Killer** Dr Kendra Hatcher.
2.00 **NEW SERIES Terror on Long Island** True crime.
3.00 **The Real Manhunter**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.50 **The Rise and Fall of the Rust Belt**
11.10 **Independence Dawn**
1.00 PM **Revolutionary War Weapons** As 7.50pm.
2.10 **Paris: Stories from the City** Triple bill of editions.
5.30 **Terror on the Space Station** 1/2. The most terrifying moments onboard the International Space Station. **6.35** 2/2. Life and death in low Earth orbit.
7.50 **Revolutionary War Weapons** A look at the weapons used in the American Revolutionary War.
8.55 **Independence Dawn** Stories of the forgotten heroes of the American Revolutionary War.
10.50 **Revolutionary War Weapons** As 7.50pm.
12.00 M'T **to 2.00** AM **Independence Dawn**

SATURDAY

Saturday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **The Wild Wild East**
8.00 **Battle of the Alphas**
10.00 **Aussie Snake Wranglers: Deadly Pursuit** Four editions.
12.00 NOON **Attenborough and the Giant Elephant** Documentary.
1.00 PM **Wild Science**
2.00 **Dogs: An Amazing Animal Family** Triple bill of editions.
5.00 **Micro Monsters with David Attenborough** Six editions.
8.00 **Jaguar Journals** The team get to know Aroeira, their newly collared female.
9.00 **Planet Shark** The hunting abilities of a whitetip reef shark and a pelagic thresher shark.
10.00 **In for the Kill** Footage of predators claiming their prey.
11.00 **Accidental Wilderness: Europe's Everglades**
12.00 M'T **Jaguar Journals**
1.00 AM **Planet Shark** As 9.00pm.
2.00 **NEW SERIES Superbeast** Nature's ultimate athletes.
3.00 **Nature's Dress Code: Who Wears What and Why?**
4.00 **to 6.00** AM **Beasts of the Big Blue**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
10.00 **Greatest Escapes of WWII**
11.00 **Digging for Britain**
1.00 PM **Al Murray: Why Do the Brits Win Every War?**
2.00 **Ancient Aliens**
4.00 **Kevin Costner's The West**
5.55 **The Black West** The anonymous Black people who inspired countless Westerns.
7.00 **Sitting Bull** The life of the Hunkpapa Lakota chief.
9.00 **Mysteries Unearthed with Danny Trejo** A Chinese curse that has gained a reputation for being more than just a myth.
10.00 **The UnXplained: Mysteries of the Universe** Actor William Shatner explores the Sun, its creation and finite status.
11.00 **Ancient Aliens** Double bill.
1.00 AM **WWII Battles in Colour**
2.00 **The Secret Nazi Expeditions**
3.00 **Combat Ships**
4.00 **Al Murray: Why Do the Brits Win Every War?**
5.00 **to 6.00** AM **Mysteries from Above**

Discovery Science

167 148 179

8.00 AM **The Dino Hunters**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **How the Universe Works**
4.00 **NASA's Unexplained Files**
6.00 **How It's Made**
8.00 **Alien Highway** A series of strange animal deaths and UFO sightings brings Chuck and the team to Colorado, with signs pointing towards the possibility of a government cover-up.
9.00 Chuck receives a map supposedly leading him to recovered materials from the Roswell incident.
10.00 **The Alaska Triangle** Experts examine the possibility of an interdimensional portal.
11.00 A string of mutilations and disappearances in Alaska.
12.00 M'T **Expedition Bigfoot**
2.00 AM **Unexplained and Unexplored** Double bill.
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Snapped Behind Bars**
6.00 **The Real Murders of Atlanta** A beloved matriarch and businesswoman is found dead.
7.00 **The Real Murders of Los Angeles** The murder of a Hollywood camera operator untangles a web of lies.
8.00 **Staged: Deadly Deception** An emergency call sparks the search for a missing mother.
9.00 **Murder in the 21st** A jilted lover follows through on violent threats against her ex's girlfriend.
10.00 **Crime in Progress** A woman is brutally stabbed in broad daylight in suburban Michigan.
11.00 **Sleeping with Death**
12.00 M'T **Predator Hunters**
1.00 AM **Interrogation Raw**
2.00 **I Met My Murderer Online**
3.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145 182

8.00 AM **Animal Fight Club**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Gorongosa: Paradise Reborn**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** The Schroeders' son Charlie is heading to college. But before he leaves, he had to chase down a flighty mini horse
8.00 **Hostile Planet** An exploration of the animal kingdom's most incredible survival stories.
9.00 Bear Grylls narrates footage of the wildlife in the world's grasslands.
10.00 **Iberia's Woodlands: Life on the Edge** 1/2. Documentary capturing the changing seasons and the life cycles of wildlife in Spain and Portugal's forests.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Experts investigate dead stars, also known as white dwarfs.
7.00 Experts hunt for the next deadly supernova.
8.00 New discoveries reveal the significance of neutrinos.
9.00 **World's Toughest Expeditions with James Cracknell** The adventurer travels to South Africa to follow in the footsteps of Dr David Livingstone.
10.00 James follows in the footsteps of the early pioneers of America's Gold Rush.
11.00 How the marooned crews of shipping disasters survived on remote islands.
12.00 M'T **Blowing Up History: Seven Wonders** Experts investigate the mysteries behind ancient pyramids.
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **Some Mothers Do 'Ave 'Em** 1/7. First episode of the classic comedy series starring Michael Crawford. Disaster-prone Frank Spencer attends a job interview.
5.40 2/7. Frank has problems with a hi-tech toilet while staying with his brother-in-law.
6.15 3/7. Frank bungles the simple task of crossing the road to call the doctor.
6.55 4/7. Frank and Betty travel to the seaside for a second honeymoon.
7.35 5/7. Frank survives an accident-prone journey to visit Betty in hospital – to the dismay of the medical staff.
8.15 6/7. Convinced he is a failure, Frank visits a psychiatrist.
8.55 7/7. The job centre's new manager embarks on a quest to find Frank a suitable job. (S1)
9.35 **Some Mothers Do 'Ave 'Em**
5.25 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

8.00 AM **Murder in the Heartland**
12.00 NOON **Murder Calls**
4.00 PM **American Monster** The murder of 78-year-old Jean Schwarzkopf in 1997.
5.00 The 2014 murder of 19-year-old Keonte Chavis.
6.00 A look at the crimes of Joseph Green Brown.
7.00 The story of an apparently happy marriage, where all was not as it seemed.
8.00 **Murder Comes to Town** The murders of a retired police officer and his wife.
9.00 **Love, Honor, Betray** Donna Andersen makes a discovery that turns her marriage into a nightmare.
10.00 **Seduced to Slay** A recently widowed businesswoman is found brutally murdered in her Little Rock home.
11.00 **Who the (Bleep) Did I Marry?**
12.00 M'T **Deadly Influence: The Social Media Murders**
2.00 AM **Evil Online**
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Vintage Voltage**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
1.00 PM **The Explosion Show**
5.00 **Goblin Works Garage** The Goblin Works Garage gang open a bigger workshop to cope with demand.
6.00 The team take on their first-ever EV build.
7.00 The gang transform an iconic 1973 Ford Bronco into a monster truck with attitude.
8.00 **Shed and Buried: Classic Cars** In Gloucestershire, Henry and Fuzz take on a Triumph Spitfire.
9.00 Henry and Fuzz dive into an eclectic mix of British and American vehicles.
10.00 **Richard Hammond's Workshop** After appointing the new manager, Richard questions his own role in the business.
11.00 Richard manages to land a deal with Europe's largest private car collector.
12.00 M'T **Richard Hammond's Big**
1.00 **to 4.00** AM **Vintage Voltage**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Grand Prix of Europe**
8.45 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
10.25 **PREMIERE Bugonia** As 8pm.
12.35 PM **LifeHack** Heist thriller. (2025, 15, 97min)
2.15 **Grand Prix of Europe** Animation. (2025, U, 98min)
4.00 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
5.55 **Strung** Thriller starring Chloe Bailey. (2026, 15, 119min)

8.00 Bugonia

8.00 PREMIERE Bugonia Comedy thriller starring Jesse Plemons. Two conspiracy-obsessed men kidnap the high-powered CEO of a company, convinced she is an alien intent on destroying Earth. (2025, 15, 118min) ★★★★ *See review, page 22.*
SEX ●●● VIOLENCE ●●● LANG ●●●

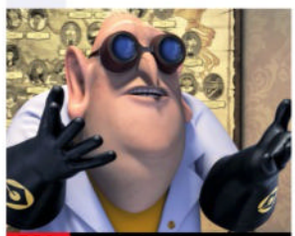
10.10 Lee Cronin's The Mummy Horror starring Natalie Grace. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Black Phone 2** Thriller sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
2.35 **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
4.20 **to 6.20** AM **Carolina Caroline** Thriller with Samara Weaving. (2025, 15, 105min) ★★★★

Sky Cinema Minions

303 303 403 503 517

6.00 AM **Despicable Me** (2010)
7.40 **Despicable Me 2** As 9.15pm.
9.20 **Despicable Me 3** As 11.00pm.
11.00 **Minions** As shown at 5.45pm.
12.40 PM **Despicable Me** (2010)
2.20 **Despicable Me 2** As 9.15pm.
4.00 **Despicable Me 3** As 11.00pm.
5.45 **Minions** Animation with the voice of Sandra Bullock. Three creatures become henchmen to an evil genius, and uncover a threat to their whole species. (2015, U, 91 min) ★★★★



7.30 Despicable Me

7.30 Despicable Me Animated comedy featuring the voice of Steve Carell. (2010, U, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 Despicable Me 2 Animated comedy sequel featuring the voices of Steve Carell and Kristen Wiig. The reformed super-villain falls in love with a secret agent. With Benjamin Bratt, Russell Brand and Steve Coogan. (2013, U, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 Despicable Me 3 Animated comedy sequel featuring the voices of Steve Carell and Kristen Wiig. Dismissed from the Anti-Villain League after botching a mission, Gru sets off to meet his long-lost twin brother for one final criminal mission. With Steve Coogan. (2017, U, 99min) ★★★
12.45 AM **Minions** As 5.45pm.
2.30 **Despicable Me** As 7.30pm.
4.15 **to 6.00** AM **Despicable Me 2**

Sky Cinema Drama

310 310 410 510 524

6.05 AM **All Is True** Biographical drama. (2018, 12, 101 min) ★★★
7.50 **A Different Man** As 12.00m't.
9.45 **Plainclothes** Romantic thriller. (2025, 15, 95min) ★★★
11.25 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
1.35 PM **Catch Me If You Can** Steven Spielberg's adventure. (2002, 12, 141min) ★★★★★
4.00 **Dunkirk** World War Two drama. (2017, 12, 106min) ★★★★★
5.50 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
8.00 **Chicago** Oscar-winning screen version of the Broadway musical, with Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
10.00 **Footloose** Dance drama starring Kevin Bacon. A foot-tapping Chicago kid moves to the Midwest Bible Belt where rock 'n' roll is banned. (1984, 12, 107min) ★★★
12.00 M'T **A Different Man** Thriller. (2024, 15, 112min) ★★★★
2.00 AM **The End of the Affair** Romance with Ralph Fiennes. (1999, 18, 101 min) ★★★★
3.50 **to 6.00** AM **..And Justice for All** Satirical black comedy. (1979, 15, 119min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.10 AM **The Cinema List: Spielberg**
7.25 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
9.55 **Logan's Run** Sci-fi adventure. (1976, PG, 115min) ★★★★
12.05 PM **Presence** Horror thriller. (2024, 15, 84min) ★★★★
1.45 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
3.40 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
5.35 **Waterworld** Sci-fi adventure starring Kevin Costner, Dennis Hopper and Jeanne Tripplehorn. (1995, 12, 134min) ★★★
8.00 **Gravity** Space thriller starring Sandra Bullock and George Clooney. A novice astronaut becomes stranded in space during her first NASA mission. (2013, 12, 91 min) ★★★★★
9.45 **Interstellar** Sci-fi drama starring Matthew McConaughey, Anne Hathaway and Michael Caine. (2014, 12, 166min) ★★★★
12.35 AM **Smile 2** Horror sequel. (2024, 18, 127min) ★★★★
2.45 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
4.25 **Sky Cinema Preview**
5.05 **to 6.55** AM **10 Cloverfield Lane** Mystery thriller. (2016, 12, 103min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.55 AM **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12) ★★
8.50 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy. (2016, 12) ★★★
10.50 **Grand Prix of Europe** (2025)
12.35 PM **Epic Tails** (2022, U) ★★★
2.25 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
4.15 **Grand Prix of Europe** Animation. (2025, U, 98min)
6.00 **DC League of Super-Pets** Animation. (2022, PG) ★★★

7.50 Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A popular girl and a young woman ridiculed for her green skin become friends at Shiz University in the Land of Oz. With Jonathan Bailey and Jeff Goldblum. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Hook Steven Spielberg's fantasy adventure based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. (1991, U, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
2.30 **DC League of Super-Pets**
4.20 **The Cinema List: Family Favourites**
4.35 **to 6.20** AM **Transformers One** Animated adventure. (2024, PG, 104min) ★★★★

Sky Cinema Action

306 306 407 507 521

6.00 AM **Robin Hood: Prince of...**
8.25 **Skyscraper** Action thriller. (2018, 12, 102min) ★★★
10.15 **Venom: The Last Dance** Fantasy. (2024, 15) ★★★
12.10 PM **Green Lantern** Adventure. (2011, 12, 114min) ★★
2.10 **xXx** Espionage action thriller. (2002, 12, 124min) ★★
4.20 **xXx: The Next Level** Action sequel. (2005, 12, 97min) ★★
6.05 **xXx: Return of Xander Cage** Action thriller. (2016, 12) ★★★

8.00 Olympus Has Fallen Action thriller starring Gerard Butler. A disgraced secret service agent strives to foil North Korean guerrillas who have seized control of the White House and taken the president hostage. (2011, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

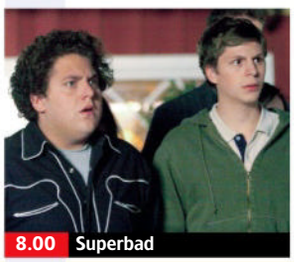
10.05 Gladiator II Historical drama sequel starring Paul Mescal. The son of a slain Roman General enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★
3.00 **First Knight** Mythical drama. (1995, PG, 134min) ★★★
5.15 **to 7.05** AM **300: Rise of an Empire** Fantasy adventure sequel with Sullivan Stapleton. (2014, 15, 100min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **Gremlins 2: The New Batch** (1990, 12) ★★★
8.45 **Beetlejuice Beetlejuice** Horror comedy. (2024, 12) ★★★★
10.35 **Pitch Perfect** Musical comedy. (2012, 12, 112min) ★★★★
12.30 PM **Pitch Perfect 2** Comedy sequel. (2015, 12, 112min) ★★★
2.25 **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
4.00 **Sleepless in Seattle** (1993)
5.50 **Bridget Jones: Mad About the Boy** (2024, 15) ★★★★



8.00 Superbad Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse. (2007, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Jackie Chan's The Tuxedo Action comedy starring Jackie Chan. A chauffeur tries on a secret agent's tuxedo and discovers that it gives the wearer amazing powers. (2002, 12, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
1.25 AM **Sleepless in Seattle** Romantic comedy drama. (1993, PG, 105min) ★★★★★
3.15 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
5.10 **The Cinema List: Bingeable**
5.30 **to 7.15** AM **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
8.40 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★
11.00 **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★
1.30 PM **Jason Bourne** Thriller. (2016, 12, 123min) ★★★
3.45 **Speak No Evil** Horror. (2024, 15, 110min) ★★★★
5.45 **Ocean's Thirteen** Thriller. (2007, PG, 122min) ★★★

8.00 Civil War Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. With Wagner Moura, Cailee Spaeny and Nick Offerman. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 A Clockwork Orange Stanley Kubrick's futuristic satire based on the novel by Anthony Burgess, starring Malcolm McDowell and Patrick Magee. (1971, 18, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Basic Instinct** Erotic thriller starring Michael Douglas and Sharon Stone. (1992, 18, 128min) ★★★★
2.30 **Vanilla Sky** Romantic fantasy drama starring Tom Cruise. (2001, 15, 136min) ★★★
5.00 **to 6.50** AM **Caddo Lake** Thriller starring Dylan O'Brien. (2024, 12, 99min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Playing with Fire** Comedy. (2019, PG, 96min) ★★
12.55 PM **Mysterious Island** Fantasy. (1961, U, 97min) ★★★
3.00 **Dad's Army** Film spin-off from the TV comedy series. (1971, U, 95min) ★★★★
4.55 **Deep Impact** Disaster movie. (1998, 12, 123min) ★★★★
7.15 **Independence Day** Sci-fi adventure starring Will Smith. (1996, 12, 145min) ★★★★

Independence Day (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Big Trouble in Little China Fantasy adventure starring Kurt Russell as a truck driver caught in a supernatural gang war beneath the streets of San Francisco's Chinatown. (1986, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Ready or Not** Horror comedy with Samara Weaving. (2019, 18, 95min) ★★★★
1.50 **to 4.00** AM **Once Upon a Time in the Midlands** Western-style comedy drama. (2002, 15, 103min) ★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2026 Recap

302 302 402 502 516

6.00 AM **Pets on a Train** (2025)
7.35 **Tafiti: Across the Desert** Animation. (2025, PG) ★★★
9.10 **Super Charlie** Animation. (2025, PG, 82min) ★★★
10.40 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
12.20 PM **Pets on a Train** Animation. (2025, PG, 87min) ★★★
1.50 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★

4.00 **Jurassic World: Rebirth** Fantasy. (2025, 12) ★★★
6.20 **Fuze** Thriller starring Theo James. (2026, 15, 87min) ★★★
8.00 **Superman** Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton attempts to protect Earth from evil genius Lex Luthor. With Nicholas Hoult. (2025, 12, 129min) ★★★★
10.15 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★

11.50 **Him** Supernatural horror. (2025, 18, 96min) ★★★
1.30 AM **One Last Deal** Drama. (2026, 18, 89min) ★★★
3.05 **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
4.55 **to 6.40** AM **Flavia** Adventure. (2026, PG, 105min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.30 AM **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
9.10 **Look Who's Talking Too** Comedy sequel. (1990, 12, 77min) ★
10.35 **Look Who's Talking Now** Comedy sequel starring John Travolta. (1993, 12, 95min) ★
12.15 PM **Annie** Film version of the hit musical. (1982, U, 128min) ★★★
2.25 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★

4.20 **The Wizard of Oz** Musical. (1939, U, 98min) ★★★★★
6.05 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★
8.00 **Godzilla** Monster movie remake starring Matthew Broderick. (1998, PG, 139min) ★★★
10.25 **Jumanji** Fantasy starring Robin Williams and Bonnie Hunt. (1995, PG, 104min) ★★★★
12.10 AM **Planes, Trains and Automobiles** Comedy. (1987, 15, 92min) ★★★★★

1.45 **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★★★
3.40 **The First Wives Club** Comedy starring Goldie Hawn, Bette Midler and Diane Keaton. (1996, PG, 102min) ★★★
5.25 **The Cinema List: Bingeable**
5.55 **to 7.50** AM **Grease** As 2.25pm.

Disney+ Cinema

305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★
7.20 **Mulan** Animated adventure. (1998, U, 88min) ★★★
8.50 **Hercules** Animated adventure. (1997, U, 92min) ★★★★
10.25 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★

12.50 PM **Diary of a Wimpy Kid: Dog Days** Comedy. (2012, U) ★★★
2.25 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
4.10 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
5.55 **A Bug's Life** Animated feature. (1998, U, 94min) ★★★★★
7.30 **Monsters, Inc** Animated comedy. (2001, U, 95min) ★★★★★
9.00 **Dodgeball: A True Underdog Story** Comedy starring Vince Vaughn and Ben Stiller. (2004, 12, 92min) ★★★★

10.35 **Deadpool & Wolverine** Action adventure. (2024, 15) ★★★★
12.45 AM **The Maze Runner** Sci-fi adventure. (2014, 12) ★★★
2.40 **Alien: Romulus** Horror thriller. (2024, 15, 119min) ★★★★
4.40 **to 6.00** AM **The Tigger Movie** Cartoon. (2000, U, 77min) ★★★

Movies 24

312 313 419

7.00 AM **Joyeux Noel** Romantic drama. (2023, PG, 90min) ★★
9.00 **Sincerely Truly Christmas** Fantasy. (2023, PG, 90min) ★★
11.00 **Deck the Walls** Festive drama. (2024, PG, 90min) ★★
1.00 PM **The Christmas Classic** Comedy. (2023, PG, 86min) ★★
3.00 **A Royal Montana Christmas** Drama with Fiona Gubelmann. (2025, PG, 90min) ★★

5.00 **Santa Tell Me** Romantic drama. (2024, PG, 84min) ★★
7.00 **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy starring Rachel Boston and Pascal Lamothe-Kipnes. (2024, PG, 84min) ★★
9.00 **Holiday Crashers** Comedy starring Lyndsy Fonseca and Daniella Monet. Two friends make up fake identities so that they can sneak into a high society Christmas party. (2024, PG, 90min) ★★

11.00 **All I Need for Christmas** Drama. (2024, PG, 87min) ★★
1.00 AM **The Christmas Quest** Adventure. (2024, PG) ★★
3.00 **to 5.00** AM **Sugarplummed** Drama. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Highlights**
8.25 **The Adventures of William Tell**
8.55 **Cinema Sales From the Girl with the Tray** Short film.
9.00 **Batman** 16/26. (S3)
9.30 **Hawkeye & the Last of the Mohicans** 10/39. (S1)
10.00 **Captain Scarlet and the Mysterons** 19/32. (S1)
10.30 **Champion the Wonder Horse**
11.00 **The Buccaneers** 30/39. (S1)

11.30 **The Adventures of Robin Hood**
12.00 NOON **Conflict of Wings** Drama. (1954, U, 84min) ★★★
1.40 PM **Storm Over the Nile** Adventure. (1955, U) ★★★
3.45 **Look at Life**
4.00 **Whiplash** 24/34. (S1)
4.35 **Battle of the Coral Sea** War drama. (1959, b/w, PG) ★★
6.25 **Dick Turpin** 5/13. (S1)
7.00 **Maigret** 2/13. (S1)
8.00 **The Duchess of Duke Street**
9.05 **Dulcima** Drama. (1971, U) ★★★
11.05 **Eurotrash** With Draghixa.

11.40 **Fortean TV** The weeping Elvis.
12.15 AM **One Step Beyond** (S1)
12.50 **The Wild Ride** Thriller. (1960, b/w, PG, 61min) ★★★
2.35 **The Veil** 10/12. (S1)
3.05 **The Fall of the House of Usher** Horror. (1950, b/w, PG) ★★★
4.25 **to 6.00** AM **Highlights**

SATURDAY Sport

Sky Sports Main Event

401 401 501 419 439

6.30 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.30 **Formula 1** British Grand Prix.
8.45 **Chasing The Dream**
9.30 LIVE **Formula 3 Championship** The British Grand Prix sprint race.
10.30 **Chasing The Dream**
10.50 **Golf with Sergio Perez**
11.00 LIVE **Formula 1** The British Grand Prix sprint race.
1.40 PM LIVE **Formula 2 Championship** The British Grand Prix sprint race.
2.45 **Flying Lap: Silverstone**
2.50 LIVE **Formula 1** The British Grand Prix qualifying session.
5.30 LIVE **Super League** **Leigh Leopards v Warrington Wolves.** The Magic Weekend match at Hill Dickinson Stadium in Liverpool. Kick-off **5.30pm**.
8.00 LIVE **Super League** **Catalans Dragons v Toulouse Olympique.** Coverage from Stade Pierre-Fabre. Kick-off **8.00pm**.
10.30 **World Cup Report**
2.30 **to 6.30** AM LIVE **Major League Cricket** **LA Knight Riders v MI New York.**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League Review**
2.00 PM **Netbusters**
4.30 **Premier League Stories** Celebrating the life of former Liverpool forward Diogo Jota.
5.00 **Premier League Review** A look at some of the finest strikes from the 2025/26 campaign.
6.00 All the action from the opening round of fixtures.
7.00 Action from round two.
8.00 The third round of fixtures.
9.00 Action from round four.
10.00 The fifth round of fixtures.
11.00 **Premier League Years** Infamous blunders and moments of skill from the 1992/93 season.
1.00 AM **PL Retro** Manchester City v Queens Park Rangers from 2012.
3.00 **PL Greatest Games** Birmingham City v Aston Villa from 2002.
3.15 West Bromwich Albion v Manchester United from 2013.
3.30 Highlights of Cardiff City v Liverpool from 2013/14.
3.45 Highlights of Liverpool v Arsenal from 2009 at Anfield.
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **SPFL** Goals from 2014/15
8.30 **Best Scottish Premiership Goals 2021/22** Top strikes.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Championship Retro**
2.45 PM **EFL Greatest Games**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **SPFL Greatest Games**
5.30 **EFL Greatest Games**
6.00 **Retro League One**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro**
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 505 422 442

6.30 AM **Women's T20 World Cup**
7.30 **International T20 Cricket**
8.00 **ICC Women's World Cup 2017**
8.30 **International T20 Cricket**
1.00 PM **Best of ICC WT20**
1.30 **International T20 Cricket**
2.00 LIVE **International T20 Cricket** **England v India.** Coverage of the second T20 in the five-match series from Old Trafford. The visitors have dominated England in this format of the game over the last four years, winning eight of the last 11 meetings since July 2022.
6.30 **Best of ICC WT20**
6.55 LIVE **T20 Blast Cricket** **Gloucestershire v Surrey.** Coverage of the T20 match from Bristol County Ground.
10.30 LIVE **Major League Cricket** **San Francisco Unicorns v Washington Freedom.** The T20 match from Knight Riders Cricket Ground in Pomona, California.
2.15 **to 6.30** AM LIVE **Major League Cricket** **LA Knight Riders v MI New York.** The T20 match from Knight Riders Cricket Ground in Pomona.

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Champions Learning Centre**
6.30 **PGA Tour Champions**
7.30 **HotelPlanner Tour Golf**
8.00 **PGA Tour Golf**
11.00 **PGA Tour Champions**
12.00 NOON LIVE **DP World Tour Golf** Coverage of day three of the BMW International Open.
5.00 PM LIVE **PGA Tour Golf** Day three of the John Deere Classic at TPC Deere Run in Silvis, Illinois.
11.00 **HotelPlanner Tour Golf**
11.30 **Rose Ladies Series**
12.00 M'T **PGA Tour Champions**
1.00 AM **Golf Academy**
2.00 **PGA Tour Golf**
3.00 **The Open – Official Films**
4.00 **Playing Lessons**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **Best of the US Open 2025** Highlights from New York.
7.00 PM **Best of the US Open 2025** Daniil Medvedev v Benjamin Bonzi.
8.00 Norrie v Comesaña.
9.00 Alexander Bublik v Tommy Paul in the men's third round.
10.00 Struff v Tiafoe.
11.00 Krejcíková v Townsend.
12.00 M'T **to 6.00** AM **Best of the US Open 2025** Further highlights.

TNT Sports 1

410 413 521 408 430

7.00 AM LIVE **AFL** **Gold Coast Suns v Collingwood Magpies.** Bounce-up **7.15am**.
10.00 **Playing for Our Future**
10.15 **The Gruppetto**
10.30 **UCI Mountain Bike World Series**
11.30 LIVE **UCI Mountain Bike World Series** The women's elite downhill race, staged in La Thuile.
1.00 PM LIVE **UCI Mountain Bike World Series** The men's elite downhill race in La Thuile, Italy.
3.15 **Cycling Essential Stories**
3.30 LIVE **Tour de France** The opening stage of this year's men's race. *See feature, page 26.*
6.45 **The Gruppetto**
7.00 **Tour de France Highlights**
7.30 **MLB Plays of the Week**
8.00 **MLB Highlights** Recent action.
9.00 LIVE **MLB** **Seattle Mariners v Toronto Blue Jays.** Start-time **9.10pm**.
12.00 M'T **MLB Plays of the Week**
12.30 AM **TNT Sports Reload**
1.00 LIVE **MLB** **Chicago Cubs v St. Louis Cardinals.** Start-time **1.08am**.
4.00 **Wimbledon** Day six highlights.
5.30 **to 6.00** AM **British Superbikes**

TNT Sports 2

411 414 522 409 431

7.30 AM **TNT Sports Reload**
8.00 **Wimbledon** Day five highlights.
9.30 **Discovery Golf**
10.00 **Premier League Stories**
10.30 LIVE **AFL** **Richmond Tigers v Carlton Blues.** Bounce-up **10.35am**.
1.30 PM **TNT Sports Cricket Reload** Action from the third T20 between West Indies and Sri Lanka.
1.45 **Test Cricket Highlights**
2.45 LIVE **Test Cricket** **West Indies v Sri Lanka.** Day two of the second and final Test in the series, held at Sir Vivian Richards Stadium in Antigua. This is just the 12th series between the two countries in this format and before this series the hosts had only won two of those.
11.00 **British Superbikes**
11.30 **MotoGP Highlights**
12.30 AM **World Superbike Rewind**
12.45 **NWSL** Action from NJ/NY Gotham FC v Kansas City Current.
1.45 LIVE **NWSL** **San Diego Wave FC v NJ/NY Gotham FC.** From Snapdragon Stadium. Kick-off **1.45am**.
4.00 **Sign Up – Into Football**
5.00 **to 6.00** AM **BMX Racing**

Sky Sports Action

412 410 510 426 446

6.00 AM **World Club Challenge**
6.15 LIVE **NRLW** St George Illawarra Dragons v Canberra Raiders.
8.15 LIVE **NRLW** Brisbane Broncos v North Queensland Cowboys.
10.15 **Women's Super League**
10.45 **World Club Challenge**
11.00 **NFL Highlights**
12.00 NOON LIVE **Super League** **Huddersfield Giants v York Knights.** Kick-off **12.30pm**.
2.45 PM LIVE **Super League** **Hull Kingston Rovers v Hull FC.** Kick-off **3.00pm**.
5.30 LIVE **Super League** **Leigh Leopards v Warrington Wolves.** Kick-off **5.30pm**.
8.00 LIVE **Super League** **Catalans Dragons v Toulouse Olympique.** Kick-off **8.00pm**.
10.30 **NFL Highlights**
1.00 AM **Women's Super League**
1.30 **World Club Challenge**
1.45 **Super League**
4.45 **Women's Super League**
5.00 **to 7.05** AM LIVE **NRL** Parramatta Eels v Manly-Warringah Sea Eagles.

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.30 LIVE **NRL** St George-Illawarra Dragons v West Tigers. Kick-off **8.30am**.
10.30 **World Cup Matchday**
12.00 NOON LIVE **Super League** **Huddersfield Giants v York Knights.** Coverage of the match from Magic Weekend, which takes place at Hill Dickinson Stadium in Liverpool. Kick-off **12.30pm**.
2.45 PM LIVE **Super League** **Hull Kingston Rovers v Hull FC.** Coverage of the Magic Weekend match at Hill Dickinson Stadium in Liverpool. Kick-off **3.00pm**.
5.30 LIVE **US Seniors Tour Golf** Coverage of day three of the U.S. Senior Open, staged at Scioto Country Club, in Columbus, Ohio.
10.00 **EFL Greatest Games**
10.15 LIVE **Major League Cricket** **San Francisco Unicorns v Washington Freedom.**
2.30 AM **EFL Greatest Games**
4.00 **Super League Highlights**
5.00 **to 7.05** AM LIVE **NRL** Parramatta Eels v Manly-Warringah Sea Eagles.

Sky Sports Mix

416 412 511 429 449

6.00 AM **Women's State of Origin**
6.15 LIVE **NRLW** St George Illawarra Dragons v Canberra Raiders.
8.15 **State of Origin Rugby League**
8.45 **Women's State of Origin**
9.00 **Women's PGA Championship**
10.00 LIVE **PGA Tour Golf** Day two of the Arnold Palmer Cup.
1.00 PM **PGA Tour Champions**
2.00 **Women's ICC T20 World Cup**
2.30 **International T20 Cricket**
3.00 **State of Origin Rugby League**
3.30 LIVE **PGA Tour Golf** Further coverage of the second day of the Arnold Palmer Cup.
6.00 LIVE **Indy NXT** Honda Indy 200.
7.00 **F1 Academy: Weekend Wrapped** Canadian Grand Prix.
7.30 LIVE **Indycar** Honda Indy 200.
9.00 **International T20 Cricket**
2.30 AM **EFL Greatest Games**
2.50 LIVE **NRLW** Parramatta Eels v Wests Tigers.
4.45 **to 6.45** AM LIVE **NRLW** New Zealand Warriors v Canterbury-Bankstown Bulldogs. Kick-off **4.45am**.

TNT Sports 3

413 415 523 410 432

6.00 AM **UCI Mountain Bikes**
7.00 LIVE **Formula E** Shanghai ePrix.
9.30 **MLB Plays of the Week**
10.00 **Climbing World Series**
11.00 LIVE **Climbing World Series**
12.30 PM **TNT Sports Reload**
1.00 **Formula E: Driver**
2.00 **MLB Highlights**
3.00 LIVE **IFSC Climbing World**
4.30 **TNT Sports Reload**
4.45 **Sign Up – Into Football**
5.45 **Ultimate Pool** Champions League.
7.15 LIVE **Global Champions Tour** The Grand Prix of Monaco.
9.30 **TNT Sports Reload**
10.00 **Wimbledon** Day six highlights.
11.30 **UCI Mountain Bikes**
12.30 AM **Formula E Highlights**
1.30 LIVE **Formula E** Shanghai ePrix.
2.30 **TNT Sports Reload**
3.00 **British Superbikes**
3.30 LIVE **Formula E** Shanghai ePrix.
5.15 **TNT Sports Reload**
5.30 **to 6.00** AM **MLB**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
7.30 **Discovery Golf**
8.00 **The Cycling Show**
8.30 **The Gruppetto**
8.45 **TNT Sports Cricket Reload**
9.00 **Test Cricket Highlights**
10.00 **The Gallagher PREM**
10.30 **Ultimate Pool** Champions League.
12.00 NOON **MotoGP Highlights**
1.00 PM LIVE **British Superbikes** Coverage from the first day of the fourth round at Snetterton.
6.00 **AFL** Hawks v Demons.
7.30 **AFL** Giants v Dockers.
9.00 **Tour de France Highlights**
10.00 **AFL** Suns v Magpies.
11.30 **AFL** Tigers v Blues.
1.00 AM **Tour de France Highlights**
2.00 **UCI Mountain Bike World Series** From La Thuile, Italy.
3.00 **to 6.00** AM LIVE **FIM Endurance World Championship** Coverage of the 8 Hours of Suzuka, which takes place at Suzuka Circuit in Japan.

Premier Sports 1

419 APP 528

6.00 AM **NASCAR Highlights**
7.00 **FIM Sidecarcross Championship**
8.00 **Mass Participation** Action from this year's Transvulcania.
9.00 **Eredivisie Highlights** A review of the 2025/26 season.
10.00 **Swedish Speedway** The fixture between Piraterna and Indianerna.
11.30 **World of FreeSports**
12.00 NOON **Champions Cup** Bordeaux Begles v Bath.
2.00 PM **Rugby Junior World Championships** Action from France U20 v Spain U20.
4.00 **Rugby Junior World Championships** Action from Argentina U20 v Ireland U20.
6.00 **World of FreeSports**
6.30 **German Cup** Action from Bayer Leverkusen v Bayern Munich.
8.30 **Coppa Italia** Inter Milan v Como.
10.30 **Coppa Italia** Action from Lazio v Inter Milan in the final.
12.30 AM **to 6.00** AM **Abu Dhabi T10 Cricket**

Premier Sports 2

420 APP 529

6.00 AM **Premier Sports Cup** Celtic v Rangers from Hampden Park.
8.30 **Temples of Sport**
9.00 **EUT20 Belgium** Bruges v Brussels from Stars Arena.
12.15 PM LIVE **DTM Racing** The first race from Norisring.
2.00 **GP Insights** All the news from the world of the Gra nd Prix circuit.
2.30 **Temples of Sport** Iconic sporting venues from around the globe.
3.00 **EUT20 Belgium** Bruges v Ghent from Stars Arena in Hofstade.
7.00 LIVE **3ICE World Cup** Coverage from day one of the ice hockey event, which takes place at The SSE Arena, Belfast.
10.00 **Bike World** Magazine.
10.30 **Football's Greatest** Some of the finest players in history discuss their illustrious careers.
11.00 **to 6.00** AM **Test Cricket** Another chance to see the fifth and final day of the First Test between Bangladesh and Pakistan.

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
7.30 **Ferrari Challenge UK**
8.00 **Formula 1** Highlights.
9.30 LIVE **Formula 3** The British Grand Prix sprint race.
10.30 **F1 Features**
11.00 LIVE **Formula 1** The British Grand Prix sprint race.
1.40 PM LIVE **Formula 2** The British Grand Prix sprint race.
2.45 **Flying Lap: Silverstone**
2.50 LIVE **Formula 1** The British Grand Prix qualifying session.
6.00 LIVE **F1 Academy** Race one of the British Grand Prix.
6.45 **Formula 1** Highlights.
11.00 **Indycar** The Honda Indy 200.
12.30 AM **Indy NXT** Highlights.
1.30 **Formula 1** Highlights.
2.30 **Formula 2** British Grand Prix.
3.35 **Cirque De Soleil Feature**
3.45 **Formula 3** British Grand Prix.
4.45 **to 6.00** AM **The Best of F1**

Sunday

5 July

Planner

F1: British Grand Prix

***MOTORSPORT** C4, Sky One, Sky Sports Main Event & Sky Sports F1, race starts at 3pm*

At the time of writing, defending world champion Lando Norris is still without a win to his name in 2026 – can the Brit start to turn his season around at his home race in Silverstone this afternoon?

Unacceptable

***COMEDY** TLC, DMAX, Quest & Really, 9pm*

Ed Gamble presents this brand new comedy panel show in which team captains Richard Ayoade and Joanne McNally are joined by guest comedians who have to take turns to defend unacceptable opinions, such as 'only men are funny'.

Hammerhead Sharks Up Close

***DOCUMENTARY** Disney+ (Mon, Nat Geo WILD, 8pm)*

Filmmaker Bertie Gregory takes a deep dive to learn how the extraordinary hammerhead shark lives. He investigates why numbers have plummeted and how protected seas offer hope for their future.

Women's T20 World Cup Final

***CRICKET** Sky Sports, play starts 3.30pm*

The tournament reaches its conclusion today at Lord's. Hosts England will have been desperate to reach this stage to fight for the trophy they haven't managed to lift since that inaugural 2009 victory.

Sunday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.00 Wimbledon – Live: Continued coverage of day seven						10.00 News	10.30 Film: Lara...
	102 BBC2	7.00 Antiques Roadshow		8.00 Amazing Hotels: Life Beyond the Lobby		9.00 Murder Case: Who Killed Kiesha?		10.00 Film: Blade Runner	
	103 ITV1		7.15 Emmerdale	7.45 Coronation...		8.15 Film: Dirty Dancing		10.15 News	10.35 Long Lost...
	104 CHANNEL 4	7.00 The Great Celebrity Bake Off for...		8.00 Film: Murder on the Orient Express				10.10 Celebrity Gogglebox	
	105 5	7.00 Tour de France		8.00 Rich Holiday, Poor Holiday		9.00 Rich House, Poor House		10.00 Murder Suspect No 1	
	106 SKY ONE	‹ 6.30 F1: British...	7.30 The Simpsons	8.00 La Brea				10.00 F1: British Grand Prix	
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Rooney			
	116 BBC4	7.00 Heligan: Secrets of the Lost Garden		8.00 The Rite of Spring: Inside...		8.50 BBC Proms 2017		10.00 Ravi Shankar – In...	10.35 South...
	118 ITV2	7.00 Film: Wonder Woman 1984				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4	‹ 6.00 Film: Cloudy with a Chance of...		8.00 The Simpsons		9.00 Film: The Inbetweeners Movie			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 The Rookie		10.00 Irish Blood	
	108 SKY ATLANTIC	‹ 6.20 Dune: Prophecy				9.00 House of the Dragon			10.20 Task
	110 U&GOLD		7.20 Red Dwarf		8.40 Dad's Army			10.00 Red Dwarf	
	111 U&DAVE	7.00 Border Force: America's Gatekeepers		8.00 Special Ops: Crime Squad UK		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	‹ 5.50 Sharpe		8.00 The Debrief with Dan and ROG		9.00 Film: Hot Fuzz			
	112 COMEDY CENTRAL	7.00 Mr Bean						10.00 Friends	
	145 SKY SCI-FI	7.00 Stargate Atlantis				9.00 Small Town, Big Story			
	143 U&DRAMA	‹ 6.50 Hetty Wainthropp Investigates		8.00 Sister Boniface Mysteries		9.00 Silent Witness			
	109 U&ALIBI	7.00 Allegiance		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	7.00 Grand Ole Opry		8.00 Iconic Women of Country			9.20 Marvin Gaye: Live at Montreux 1980		10.35 Marvin...
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Operating Theatre				10.00 The Catherine Tate Show	
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Barnwood Builders		10.00 Deadliest Catch	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 Alaskan Bush People: Book of Gabe		10.00 Tanked	
	129 NAT GEO	7.00 Hidden Beneath the Cities		8.00 Colosseum: Rise and Fall					
	123 SKY HISTORY	‹ 6.30 U-Boat Wargamers						10.00 World War II with Tom Hanks	
	155 U&YESTERDAY	7.00 Asia		8.00 Bangers & Cash					
	114 SKY DOCS	7.00 Film: Senna				9.00 Costa Concordia: Chronicle of a Disaster			

‹ Denotes programmes starting before 7.00pm † Regions vary

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Prayer and Reflection** (S)(R)
11.00 **Bargain Hunt** From the East of England Showground. (S)(R)(AD)
11.30 **Points of View** New edition (S)
11.45 **Songs of Praise** New edition (S)
12.20 PM **BBC News** (S)
12.35 **LIVE Wimbledon** Laura Robson presents coverage of day seven of the third Grand Slam tournament of the year, held at the All England Club, featuring men's and ladies' fourth-round singles matches. (S)
5.40 **BBC News** (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **4.00pm BBC News** (S) **4.15 LIVE Wimbledon** Further coverage of day seven. (S) **8.00 BBC News** (S) **8.25 Local News** (S) **8.30 LIVE Football: World Cup** Coverage of the third round-of-16 match. Kick-off is at 9.00. (S) **11.30 BBC News** (S) **12.00m't LIVE Football: World Cup** Coverage of the fourth round-of-16 match. Kick-off is at 1.00. (S) **3.30am Weather for the Week Ahead** (S) **3.35-6.00am BBC News** (S)

6 PM

6.00 LIVE Wimbledon
Clare Balding presents continued coverage of day seven of the Grand Slam event from the All England Club, featuring fourth-round matches in the men's and ladies' singles competitions. This day was traditionally a rest day at SW19, but that was changed in 2022, with one of the main reasons being that advances in grass technology and maintenance meaning the courts no longer required a day of recovery mid-tournament. The crowd were treated to a strong performance by Carlos Alcaraz against a competitive opponent on day seven last year, with the 2023 and 2024 champion defeating Andrey Rublev 6-7, 6-3, 6-4, 6-4. However, the Spaniard will not be present this year due to a wrist injury, leaving the likes of Rublev with possibly their best chance yet of winning a Grand Slam. (S)
■ *Today at Wimbledon* is on BBC2 at 11.50pm

7 PM

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **FILM Lara Croft: Tomb Raider**
Fantasy adventure based on the popular computer games, starring Angelina Jolie and Jon Voight. Aristocratic British adventurer Lara Croft desperately tries to thwart a sinister secret society that plans to take over the world. With Iain Glen and Daniel Craig. (S)(AD) (2001, 12, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.45 AM **Glorious Gardens from Above** Bodnant Garden. (S)(R)
7.30 **Countryfile** (S)(R)
8.25 **Beechgrove Garden** (S)
8.55 **Landward** New edition (S)
9.25 **FILM Jane Eyre** Classic Hollywood version of Charlotte Brontë's novel, starring Orson Welles. (S) (1943, b/w, PG, 95min) ★★★★
11.00 **LIVE Wimbledon** Coverage of the opening play on day seven. (S)
3.00 PM **LIVE Wimbledon** Further coverage of the seventh day's play, featuring fourth-round men's and ladies' singles matches. (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the BBC2 schedule will be: **8.00-10.00pm LIVE Wimbledon** Further coverage of day seven from the All England Club. (S)

6.00 Countryfile

6.00 **Countryfile**
New edition Anita Rani begins a journey along England's east coast on Northey Island in Essex, finding out about an innovative conservation project using retired Thames barges. (S)

7.00 **Antiques Roadshow**
Fiona Bruce visits Powis Castle, one of the grandest houses in Wales, where items include a rare silver tobacco box from the 1600s and a porcelain egg with a royal connection. (S)(R)

8.00 **Amazing Hotels: Life Beyond the Lobby**
Rob Rinder and Monica Galetti travel to Turkey to work at Argos in Cappadocia, a hotel built into a network of 2,000-year-old caves. (S)(R)(AD)

9.00 **Murder Case: Who Killed Kiesha?**
Detectives head to Elgin in Scotland to investigate the murder of mother-of-two Kiesha Donaghy, whose body was found in her home. (S)(R)(AD)

10.00 **FILM Blade Runner**
Ridley Scott's futuristic thriller starring Harrison Ford as the bounty hunter in pursuit of five highly dangerous 'replicants'. With Rutger Hauer, Sean Young and Edward James Olmos. (S) (1982, 15, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 **Today at Wimbledon** Highlights of the seventh day's play, featuring matches in the fourth round of the men's and ladies' singles. (S)
12.50 AM **Teddy Pendergrass: If You Don't Know Me** A profile of the American soul singer. (S)(R)
2.40 **Sign Zone: Madonna & Graham** Madonna in conversation with Graham Norton. (S)(R)
3.30 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's French Adventure** Normandy. (S)(R)
6.55 **FILM Thunderball** James Bond adventure starring Sean Connery. (S)(AD) (1965, PG, 150min) ★★★★
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** With India Hicks. (S)(R)
11.35 **Prue Leith's Cotswold Kitchen** With Ellie Simmonds. (S)(R)
12.35 PM **Love Your Garden** From Waltham Abbey, Essex. (S)(R)(AD)
1.05 **ITV News** (S)
1.20 **Midsomer Murders** (S)(R)(AD)
3.15 **FILM You Only Live Twice** James Bond adventure with Sean Connery. (S)(AD) (1967, PG, 140min) ★★★
5.35 **The Chase** Quiz show. (S)(R)

• *Alternative schedule* If ITV1 show today's World Cup matches, the schedule will be: **8.15pm LIVE Football: World Cup** Coverage of the third round-of-16 match. Kick-off is at 9.00. (S) **11.35 Password** (S)(R) **12.15am LIVE Football: World Cup** Coverage of the fourth round-of-16 match. Kick-off is at 1.00. (S) **3.35 The Chase** (S)(R) **4.25 Unwind with ITV** (S) **5.35-6.00am James Martin's Islands to Highlands** (S)(R)

6.40 **ITV News** (S)

7.00 **Local News** (S)
7.15 **Emmerdale**
Cain warns the Tates to stay away from Kyle. (S)(AD)
7.45 **Coronation Street**
Hope and Ruby plan a surprise for Tyrone. (S)(AD)
■ This week's soap episodes will be subject to change
8.15 **FILM Dirty Dancing**
Smash-hit romantic musical drama starring Patrick Swayze and Jennifer Grey. At a Catskills resort in the summer of 1963, idealistic 17-year-old Frances 'Baby' Houseman learns lessons about life and love from handsome dance teacher Johnny Castle. (S)(AD) (1987, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.15 **ITV News** (S)
10.35 **Long Lost Family**
Presenters Davina McCall and Nicky Campbell help people to reunite with their long-lost relatives. (S)(R)

11.35 **Password** Game show hosted by Stephen Mangan. (S)(R)
12.15 AM **Teleshopping**
3.00 **Motorsport UK** Richard John Neill presents action from Brands Hatch, featuring the Porsche Carrera Cup Great Britain and the Caterham Seven 310R Championship. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's French Adventure** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

5.50 AM **The King of Queens** (S)(R)(AD)
7.30 **Everybody Loves Raymond** (S)(R)
9.00 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition
With guests Ralf Little, Siân Brooke, Caitlin Moran and Adam Frost. Plus, music from Aron. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
1.30 **LIVE F1: British Grand Prix Build Up** Steve Jones is joined by Lee McKenzie, David Coulthard, Claire Williams, Alice Powell, Billy Monger and Mark Webber to look ahead to today's action at Silverstone. (S)
2.30 **LIVE F1: British Grand Prix**
Steve Jones presents coverage of the ninth round of the campaign held at Silverstone. Start-time is at 3.00. *See feature, page 26.* (S)
5.00 **LIVE F1: British Grand Prix Reaction** Post-race analysis. (S)

8.00 Murder on the Orient Express

6.00 **Kirstie and Phil's Love It or List It: Brilliant Builds**
Kirstie Allsopp and Phil Spencer look back at a bungalow in Northern Ireland. (S)(R)(AD)
6.30 **News** (S)

7.00 **The Great Celebrity Bake Off for Stand Up to Cancer**
Paddy McGuinness, Coleen Nolan, Joe Thomas and Ellie Taylor render their home towns in biscuit form for their showstoppers. (S)(R)(AD)

8.00 **FILM Murder on the Orient Express**
Agatha Christie mystery drama directed by and starring Kenneth Branagh. Hercule Poirot investigates the killing of an American businessman on board the famous train. With Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, Michelle Pfeiffer, Daisy Ridley and Olivia Colman. (S)(AD) (2017, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.10 **Celebrity Gogglebox**
A cast of famous faces, including Denise Van Outen and Johnny Vaughan, Vernon Kay and Paddy McGuinness and Shaun Ryder and Bez, offer their views on recent TV shows. (S)(R)(AD)

11.15 **First Dates** (S)(R)(AD)
12.20 AM **F1: British Grand Prix Highlights** From Silverstone. (S)
1.20 **FILM Glory** Historical drama. (S) (1989, 15, 125min) ★★★★
3.25 **NEW Iris Prize Best British Shorts** *Sweetheart.* (S)(AD)
3.45 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
4.35 **The Simpsons** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.05 **Entertainment News** (S)
9.15 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
9.40 **Happy Campers: The Caravan Park** Double bill. (S)(R)
11.35 **Cruising with Susan Calman** Double bill of editions. (S)(R)
1.35 PM **Inside the Tower of London** Double bill. (S)(R)
3.30 **Paris to Rome** 3/4. Bettany explores the city of Florence. (S)(R)(AD) **4.30** 4/4. The final leg starts on the Amalfi Coast. (S)(R)(AD)
5.30 **1980s Food: Everything We Loved & Lost** A nostalgic look back at the popular food of the 1980s, and a look at how the supermarkets launched low-calorie ready meals. (S)(R)

3.30 Paris to Rome

6.55 **News** (S)(R)

7.00 **Tour de France** Rebecca Charlton presents highlights of stage two, a hilly 168.5km route from Tarragona to Barcelona. (S)

8.00 **Rich Holiday, Poor Holiday** Support worker Cheryl and her factory employee son Harvey jet off to Dubai, while entrepreneur friends Marco and Paul go motorhoming in Surrey and Essex. (S)(R)

9.00 **Rich House, Poor House** Property millionaires Katy and Dan swap their country house for a two-bedroom flat, the home of tree surgeon Luke and carer Katy, who are £6,000 in debt. (S)(R)

10.00 **Murder Suspect No 1** In Hull, a vulnerable 54-year-old man is violently attacked and left for dead in his burning flat, leaving detectives to determine what drove the perpetrator to commit such a crime. (S)(R)

11.05 **Accused: Guilty or Innocent?** Double bill of editions. (S)(R)
1.00 AM **Teleshopping** (S)(R)
2.00 **Build Your Dream Home in the Country** Double bill. (S)(R)
3.45 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **S.W.A.T.** (S6) (S)(R)(AD)
9.00 **The Simpsons** (S)(R)
10.30 **Rob & Romesh vs F1** 1&2/2. Rob Beckett and Romesh Ranganathan enter the world of Formula One. (S)(R)(AD)
12.30 PM **Best Medicine** 5/13. Martin's insensitive bedside manner triggers a power cut. (S1) (S)(R)
1.30 LIVE **F1: British Grand Prix – Grand Prix Sunday** News from the grid at Silverstone.
2.55 LIVE **F1: British Grand Prix** Coverage of the ninth round of the campaign, held at Silverstone. Start-time is at 3.00. *See feature, page 26.*
5.00 LIVE **F1: British Grand Prix – Chequered Flag** Reaction and analysis from the British Grand Prix at Silverstone.

8.00 La Brea

6.00 **Ted's Notebook** Ted Kravitz reviews the British Grand Prix.

6.30 **F1: British Grand Prix Highlights** A look back at action from the ninth round of the season, held at Silverstone.

7.30 **The Simpsons** *She Used to Be My Girl:* Marge is left feeling jealous after an encounter with an old school friend. With the voice of Kim Cattrall. (S)(R)

8.00 **La Brea** *The Next Day:* 1/14. Desperate to reunite with her son, Eve follows a lead that brings her face to face with a ruthless prehistoric group. (S)(R)(AD)

9.00 **La Brea** *The Cave:* 2/14. Gavin enlists his grandfather's help to guide him to his missing wife, while Eve and Levi navigate a horrifying new reality. (S2) (S)(R)(AD)

10.00 **F1: British Grand Prix** Another chance to see the ninth round of the campaign, held at Silverstone. (R)

12.30 AM **Evil** 7/10. The team must determine whether a young man being kept confined by his parents and doctor is possessed or simply being brainwashed by a New Age cult. (S3) (S)(R)
1.30 **The Force: North East** A woman thought to have overdosed disappears. (S)(R)
2.30 A trail of blood leaves officers puzzled. (S)(R)
3.30 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am Bargain Hunt (S)(R)(AD)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics Northern Ireland (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S) **11.00-11.30am** Back in the Day (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
3.45-6.00pm LIVE All-Ireland Hurling (S) **9.00** NEW Declaration (S) **10.00** QI XL (S)(R) **10.45** Sunday Politics Northern Ireland (S)(R) **11.15** Live at the Apollo (S)(R) **11.45-11.50pm** Suzie Lee's Great Food Made Simple (S)(R)

• If BBC1 show today's World Cup matches, the BBC2 schedule will be: **10.00pm** NEW Declaration (S) **11.00-11.30pm** Sunday Politics Northern Ireland (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Fets (AD) **10.00** Gwesty Aduniad **11.00** Garddio a Mwy **11.30** Gerddi Cymru **12.00noon** Cyfres Triathlon Cymru 2026: Llanelli CN **1.00pm** LIVE Seiclo: Tour de France **4.45** Nol o'r Dibyn gyda Iolo Williams (AD) **5.15** Gwlad Moc (AD) **5.40** Rafio+ **6.10** Ffermio **6.40** Pobol y Cwm Omnibws (AD) **7.45** Newyddion a'r Tywydd **8.00** Y Wal (AD) **9.00** Seiclo: Tour de France **9.30** Chris a'r Afal Mawr (AD) **10.30** Tabw **11.00-11.35pm** Cymoedd Roy Noble

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** The Fox-Truemans rally together. **7.30** Sheila makes an attempt to win Chelsea over. **8.00** Max is left rattled by Priya's behaviour. **8.30** Bea's behaviour leaves Honey concerned.
9.00 **Rooney** Documentary charting the life and career of former Manchester United and England striker Wayne Rooney. With contributions from Thierry Henry, David Beckham and Rio Ferdinand.
10.45 **Rivals: Messi v Ronaldo** The careers of Lionel Messi and Cristiano Ronaldo.
11.45 **World Cup 2022** Action from the final between Argentina and France.
12.00 M'T NEW **Desmond Armstrong: America's World Cup Pioneer** The story of the first Black player to represent the USA men's football team at a World Cup.
12.30 AM **The Trials of Pa Salieu**
1.15 **P Diddy: The Rise and Fall**
2.15 **Rivals: Messi v Ronaldo**
3.15 **to 4.00** AM **Doctor Who**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **A Place in the Sun**
3.50 PM **Come Dine with Me** Events business owner Chantal hosts the week's first dinner party in Belfast. **4.20** Writer Kate hosts. **4.50** Sales executive Julie hosts the third dinner party. **5.20** Professional dancer Emmanuella hosts night four. **5.50** Designer Kerry hosts the final night in Belfast.
6.20 **Four in a Bed** A shorter contest begins at the Tiger Inn in Merthyr Tydfil.
6.55 **Four in a Bed** The second visit is to Hill House in Bath. **7.25** The third and final visit is to Romney Marsh Shepherds Huts in Kent. **7.55** Payment Day arrives. **8.30** A look back at some of the best and worst accommodation.
9.00 **The Emergency Ward** Doctors fear that a cyclist has life-changing injuries. Meanwhile, staff suspect a man is hiding his injuries after a motorbike crash, but the scans don't lie.
10.00 **24 Hours in A&E** Patients at King's College Hospital include a stabbing victim and an elderly woman who suffered a fall at home.
11.05 **24 Hours in A&E**
12.05 AM **The Emergency Ward**
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **The Perfect Pitch**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Heligan: Secrets of the Lost Garden** Wildlife inhabiting the popular Cornish gardens.
8.00 NEW **The Rite of Spring: Inside Classical** Ben Gernon presents the BBC Philharmonic Orchestra performing Stravinsky's ballet score, which famously incited audience uproar in its 1913 Paris premiere.
8.50 **BBC Proms 2017** Ravi Shankar and Philip Glass's 1989 album *Passages* is performed in full for the first time, featuring Shankar's daughter Anoushka and the Britten Sinfonia.
10.00 **Ravi Shankar: In Concert** The Indian musician performs *Raga Bihag*.
10.35 **South Asian Music at the BBC** Performances from the BBC archives.
1.05 AM **Heligan: Secrets of the Lost Garden**
2.05 **The Rite of Spring: Inside Classical**
3.00 **to 3.35** AM **Ravi Shankar: In Concert**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Modern Family**
9.30 **Brooklyn Nine-Nine**
10.25 **Ramsay's 24 Hours to Hell and Back**
2.25 PM **The Simpsons**
4.55 **The Great Australian Bake Off** New edition The remaining bakers compete in Celebration Week.
6.00 FILM **Cloudy with a Chance of Meatballs 2** Animated comedy sequel with the voice of Bill Hader. (2013, U, 93min) ★★★
8.00 **The Simpsons** *Bart-Mangled Banner:* The family are sent to Alcatraz after Bart accidentally moons the American flag. **8.30** *Fraudcast News:* Reports of Mr Burns's death provoke a media storm as the townsfolk reveal their true feelings about him.
9.00 FILM **The Inbetweeners Movie** Comedy spin-off starring Simon Bird, James Buckley, Blake Harrison and Joe Thomas. After finishing secondary school, Will, Jay, Neil and Simon make all the wrong moves on a lads holiday to Crete. (2011, 15, 97min) ★★★★
11.00 **Naked Attraction**
12.05 AM **Gogglebox**
2.15 **The Goldbergs**
3.55 **Brooklyn Nine-Nine**
4.20 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 | 306 | 30 | 123 | 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **A1: Britain's Longest Road**
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Border Patrol**
12.00 NOON **Border Security USA** Officers uncover a brutal child-smuggling operation.
1.00 PM **Stop, Search, Seize** Documentary following the work of Ireland's border force.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.

9.00 The Rookie

7 PM **7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM **8.00 Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM **9.00 The Rookie** Pilot: 1/20. A construction worker decides to change careers and becomes LAPD's oldest rookie officer. (S1)

10 PM **10.00 Irish Blood** 1/6. A US lawyer receives a strange package from her father and heads to Ireland to investigate. (S1)

11.00 **Law & Order: Criminal Intent**
12.00 M'T **FBI** 19/22. (S7)
1.00 AM **The Good Doctor** (S6)
2.00 **Law & Order: Special Victims Unit** New episode 7/21. (S27)
3.00 **Brit Cops: Frontline Crime UK**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Gomorrah** 8-12/12. (S2)
1.15 PM **Dune: Prophecy** 1/6. Sci-fi prequel with Emily Watson.
2.35 2/6. Desmond makes a confession to Emperor Corrino.
3.50 3/6. Valya struggles with the decision to take the Sisterhood vow.
5.05 4/6. Tula attempts to understand the origins of the acolytes' disturbing dreams.
6.20 5/6. Tula tries to keep her secret project from being discovered by the Sisters. (S1)

1.15 Dune: Prophecy

7.30 Dune: Prophecy *The High-Handed Enemy:* 6/6. As Tula contends with the revelation of Desmond's true identity, the acolytes uncover a devastating long-held secret about the Sisterhood. (S1)

9.00 House of the Dragon 2/8. *Game of Thrones* prequel starring Matt Smith and Emma D'Arcy. (S3)

10.20 Task *All Roads:* 4/7. Tom questions the loyalty of the task force, while Robbie and Cliff plan for their meeting. (S1)

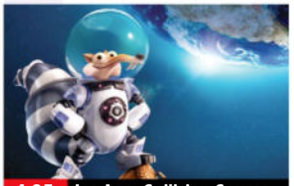
11.35 **Task** 5/7. Perry pays Maeve a visit and Robbie puts his plan in motion. (S1)
12.55 AM **Under Salt Marsh** (S1)
2.00 **House of the Dragon** New episode 3/8. (S3)
3.15 **Under Salt Marsh** 6/6. (S1)
4.15 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **Dress to Impress**
8.00 **Celebrity Dinner Date**
10.05 **Deal or No Deal**
1.10 PM **Celebrity Catchphrase**
2.10 **FILM Rio** Animated comedy adventure featuring the voice of Jesse Eisenberg. (2011, U, 96min) ★★★★
4.05 **FILM Ice Age: Collision Course** Animated sequel with the voice of Ray Romano. A cosmic blunder leaves Earth in the path of an asteroid. (2016, U, 94min) ★★


4.05 Ice Age: Collision Course

5.55 FILM Wonder Woman 1984 Action adventure sequel starring Gal Gadot and Pedro Pascal. Diana Prince must contend with Maxwell Lord, whose desire for extreme wealth sends the world down a pathof destruction. (2020, 12, 151 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island New edition Reality show in which singletons compete in the hope of finding love and winning £50,000.

10.00 Love Island: Aftersun New edition Companion programme to the dating show, featuring the latest gossip from the villa.

11.05 **Family Guy** 19/30. Brian has a brush with death. (S4)
11.35 21/22. Comedy. (S3)
12.05 AM **American Dad!** (S4&3)
1.05 **Plebs** 5/6. (S1)
1.35 **Transaction** 4/6. (S1)
2.05 **Piglets** 2/6. (S2)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** Double bill. (S2)
8.55 **Doc Martin** 4/8. (S7)
10.00 **Lewis**
12.00 NOON **Agatha Christie's Marple** Murder mystery
2.00 PM **Midsomer Murders** *Birds of Prey:* The discovery of a book dealer's body sparks an investigation.
4.00 *The Green Man:* Human skeletons are unearthed.
6.00 *Bad Tidings:* A woman is found murdered following a row with her husband.

10.00 Vera

Midsomer Murders (started at 6.00pm)

8.00 Midsomer Murders *Dressed to Kill:* A dominoes player is found dead after friction is caused in Elverton-Cum-Latterly when a charity drag event is held at the same time as an annual tournament.

10.00 Vera *Young Gods:* After an extreme sports fan plunges from a cliff in a ball of flames, Vera's investigation uncovers a lifetime of bullying and an unexpected story of rough justice.

11.50 **Wycliffe** 5/6. (S1)
12.55 AM **Trigger Point** 1/6. (S3)
2.00 **George and Mildred**
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.10 **Motorsport Mundial**
6.40 **Auto Mundial** New edition
7.10 **The Big Match Revisited**
9.20 **Ninja Warrior UK**
10.25 **Cadfael**
12.05 PM **The Return of Sherlock Holmes** Triple bill of episodes.
3.35 **Sharpe** *Sharpe's Mission:* 3/3. The treacherous Major Brand dupes Sharpe. (S4)
5.50 *Sharpe's Revenge:* 1/3. Ducos frames Sharpe for stealing Napoleon's treasures. Stars Sean Bean. (S5)

9.00 Hot Fuzz

Sharpe (started at 5.50pm)

8.00 The Debrief with Dan and ROG Claire Thomas, Dan Biggar and Ronan O'Gara review the Nations Championship.

9.00 FILM Hot Fuzz Cop thriller spoof starring Simon Pegg and Nick Frost. An overachieving London police officer is transferred to a sleepy rural town and investigates a string of bizarre murders. (2007, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **NEW SERIES The Summit Australia** Reality series. Fourteen strangers are at the mercy of the mountain.
1.05 AM **Minder**
2.00 **The Champions**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

11.00 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** The team fix the twin projectors of a derelict Prestwick art deco cinema.
8.00 **Island Crossings** 2/8. Twenty new apprentices join the ranks of ferry operators Caledonian MacBrayne.
9.00 **Paramedics on Scene** New edition 2/10. Paramedic Ben treats a Dunoon man who has a blood clot in his lungs.
10.00 **Still Game** 5/6. Jack and Victor decide to enter a competition. (S1)
10.30 **Scot Squad** 3/5. Chief Miekelson has a boozy reunion with retired police chief Sir Neville Archibald. (S3)
11.00 PM **to 12.00** M'T **The Troops** 2/3. Soldiers face off against Nato allies posing as enemy forces.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 2/8. (S1)
8.25 **Will & Grace** (S4&5)
11.00 **Breeders** 6-10/10. (S1)
1.30 PM **Community** (S4)
4.00 **Will & Grace** (S1)
6.30 **The Office (US)** 15/22. Michael decides to host a seminar.
7.00 16/22. The staff members plan festivities for Valentine's Day.
7.30 17/22. Dwight is named Dunder-Mifflin's salesman of the year.
8.00 18/22. Michael strikes up a peculiar new friendship.
8.30 19/22. Michael decides to celebrate his birthday by taking the staff ice-skating. (S2)
9.00 **James Acaster: Hecklers Welcome** A stand-up special by the comedian.
10.30 **Ellie Taylor: Palavering!**
11.30 **Nish Kumar: Your Power, Your Control**
1.00 AM **I Love LA** (S1)
4.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **André Rieu: Live in Vienna**
8.50 **Tales of the Unexpected**
10.30 **Alfred Hitchcock Hour**
12.30 PM **Discovering**
1.30 **ELO Live at Wembley 1978** The band perform a selection of their hits.
2.50 **AC/DC: Live at Donington** From 1991.
5.45 **Roy Orbison Forever**
7.00 **NEW Grand Ole Opry** With Lanie Gardner and Marcus King.
8.00 **Iconic Women of Country** Documentary.
9.20 **Marvin Gaye: Live at Montreux 1980**
10.35 **Marvin Gaye, Behind the Legend**
11.55 **Luther Vandross at the Royal Albert Hall**
1.45 AM **Barry White Story: Let the Music Play**
3.00 **Johnson & Knopfler's Music Legends**
4.00 **Discovering**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Nothing to Declare**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Nothing to Declare**
2.30 **LIVE Women's ICC World T20 Cricket** Coverage of the final, which comes from Lord's in London.
8.00 **Agatha Raisin** *Love from Hell:* 3/4. When James vanishes after a blazing row with Agatha leaving behind only a trail of blood and a dead body, everyone is left fearing the worst. (S3)
10.00 **Joe Lycett's United States of Birmingham** 2/4. Joe continues his American road trip by moving on to Ohio.
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Catchphrase** With Motsi Mabuse, Rob Delaney and Amber Rose Gill.
2.00 **Tenable** Quiz show.
3.00 **The Chase Celebrity Special** Joe Pasquale, Len Goodman, Nicki Chapman and Will Kirk compete for charity.
4.00 **Riddiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the word-based quiz show.
8.00 **Celebrity Catchphrase** With James Acaster, JB Gill and AJ Odudu.
9.00 **The Chase Celebrity Special** With Mark Chapman, Gillian Joseph, Ryan Sidebottom and Fred MacAulay.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** Catching up with house-hunters in Leeds and west London.
3.00 **George Clarke's Remarkable Renovations** Turning an electrical substation into a unique home.
4.00 **A Place in the Sun**
7.00 **FILM Titanic** Director James Cameron's multi-Oscar-winning drama starring Kate Winslet and Leonardo DiCaprio. (1997, 12, 195min) ★★★★
10.50 **FILM The Creator** Dystopian sci-fi thriller starring John David Washington. (2023, 12, 133min) ★★★★
1.30 AM **Inside Thailand's British Drug Gangs: Untold** Documentary.
2.30 **Celebrity Gogglebox**
3.35 **Gogglebox**
4.35 **to 5.00** AM **Jamie's One-Pan Wonders**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate SG-1** Five episodes of the series, including at: **3.00** PM 22/22. Daniel and Ska'ra return to help SG-1 find the Eye of Ra. (S6)
4.00 **Stargate Atlantis** 19/20. The team are threatened by a super-volcano. **5.00** 20/20. The team are contacted by Michael. (S2) **6.00** 1/20. Dr McKay and Ronon are captured, and Colonel Sheppard is forced to rely on an unlikely ally. (S3)

11.00 Grimm

7.00 **Stargate Atlantis** *Misbegotten:* 2/20. The Atlantis team members set up a PoW camp for former Wraiths.
8.00 **Stargate Atlantis** *Irresistible:* 3/20. Dr Beckett falls under the influence of a mysterious stranger. (S3)
9.00 **Small Town, Big Story** *The Pen Is Mighty:* 5/6. Wendy handles a legal crisis stemming from Jack E McCarthy.
10.00 **Small Town, Big Story** *The Turd Man:* 6/6. Wendy and Seamus return to the woods with company. (S1)
11.00 **Grimm** 18/22. The spirit of a Native American inhabits the body of a troubled teenager. **11.50** 19/22. Nick turns to Adalind for help with Juliette. **12.50** AM 20/22. A Jack the Ripper copycat is suspected of a series of murders. (S4)
1.50 **The Walking Dead** (S6)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries**
10.00 **Father Brown**
11.00 **Death in Paradise**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 9/10. An acclaimed horror film director is terrorised by his own creations. **5.00** 10/10. Frank and Lu are hired to play a pregnant couple at a hypnobirthing class. (S5)
6.00 **Death in Paradise** 3/8. A model is strangled in the middle of a fashion show. (S5)

10.00 Father Brown

7.00 **Allegiance** *The Vow:* 5/10. When a groom is stabbed at a lavish Indian wedding, multiple motives are uncovered. (S2)
8.00 **Father Brown** *The Fall of the House of St Gardner:* A columnist is killed after threatening to expose a fashion house's secrets
9.00 **Death in Paradise** *A Personal Murder:* 4/8. Dwayne receives a text message from beyond the grave. (S5)
10.00 **Father Brown** *The Hand of Lucia:* A local writer is murdered, leaving Father Brown delving into her novel for clues.
11.00 **Shakespeare & Hathaway: Private Investigators**
1.00 AM **Murdoch Mysteries** 13/24. Murdoch investigates the death of a colleague of Sigmund Freud. (S15)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Dad's Army**
1.20 PM **Dad's Army** Nine episodes, including at: **4.00** Mainwaring's platoon prepare for an official visit. **4.40** Godfrey learns his home is scheduled for demolition to make way for a new airstri.p **5.20** Mainwaring is alarmed to discover the extent of Jones's cash-flow crisis. **6.00** The platoon are picked to appear in an army training film. **6.40** Pike receives his call-up papers and unexpectedly manages to pass his medical.

1.20 Dad's Army

7.20 **Red Dwarf** Lister makes a bid to be promoted to a rank above Rimmer by sitting the chef's exam.
8.00 **Red Dwarf** Lister discovers he is regarded as a god to Cat's people.
8.40 **Dad's Army** Mainwaring organises a Christmas treat for the senior citizens of Walmington-on-Sea. **9.20** Mainwaring and the platoon try to capture three German airmen.
10.00 **Red Dwarf** Lister comes down with a mutated strain of pneumonia. **10.45** Lister and the Cat are horrified when Rimmer duplicates himself.
11.25 **Bottom** The boys visit a dating agency to fix up Richie .
12.00 M'T **Bottom Live: The Big Number 2 Tour** Stage show.
2.20 AM **Bottom**
2.50 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gadget Man**
8.00 **Storage Hunters UK**
9.00 **Top Gear** Double bill.
11.00 **Motorhoming with Merton & Webster** Double bill.
1.00 PM **Mortimer & Whitehouse: Gone Fishing** Five editions.
5.00 **Would I Lie to You?** With Carol Vorderman, Larry Lamb, Jo Brand and Russell Howard. **5.40** Guests include Stephen Mangan and Fern Britton. **6.20** With panellists Marcus Brigstocke, Jimmy Carr, Jamelia and Terry Christian.

5.00 Would I Lie to You?

7.00 **Border Force: America's Gatekeepers** New edition A 'body carrier' is caught carrying narcotics strapped to his back.
8.00 **Special Ops: Crime Squad UK** A Surrey police response unit are called to a stabbing at a teen house party.
9.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with guests Mick Lynch and Roisin Conaty.
10.00 **QI** Sean Lock, Jo Brand and Rich Hall join Alan Davies and Stephen Fry.
10.40 **Mock the Week** With Gary Delaney, Holly Walsh and Josh Widdicombe.
11.20 **Mock the Week** With Milton Jones, Ed Byrne and Ava Vidal.
12.00 M'T **Live at the Apollo**
2.00 AM **QI XL** With Judi Love.
3.00 **to 4.00** AM **Have I Got a Bit More News for You**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **The Bill**
12.00 NOON **Call the Midwife**
2.40 PM **Catherine Cookson's The Wingless Bird** Melodrama set in 1913, about the budding romance between two people from very different backgrounds. Stars Claire Skinner and Edward Atterton.
5.50 **Home Fires** 1/6. The WI of Great Paxford live under a shadow as the Battle of Britain looms. Pat befriends a Czech soldier, but finds independence less enjoyable than she expected. (S2)

5.50 Home Fires

6.50 **Hetty Wainthropp Investigates** *Lost Chords:* Competitors at a music festival mysteriously begin to lose their voices.
8.00 **Sister Boniface Mysteries** *A Tight Squeeze:* 6/12. A murder occurs during the making of a bawdy film. (S2)
9.00 **Silent Witness** *Lift Up Your Hearts:* A head teacher confronts the dealers preying on his community as the team deal with the consequences of a surge in drug-related crime. Guest stars Colin Salmon.
11.15 **New Tricks** *Last Man Standing – Part One:* The body of a police officer is discovered under a basement.
12.35 AM **Call the Midwife**
1.55 **The Boy That Never Was**
3.00 **to 4.00** AM **2point4 Children**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops**
9.25 **Blue Bloods** (S4)
12.10 PM **Columbo** Five episodes, including at: **6.00** *A Trace of Murder:* The shabby sleuth investigates the murder of a businessman, and thinks the most obvious suspect has been set up by his own wife. **8.00** *Prescription: Murder:* The crumpled cop investigates a philandering psychiatrist who has the perfect alibi for murdering his wife.
10.00 **Law & Order: Special Victims Unit** *Totem:* 20/24. A girl's body is found outside a church. **11.00** *Reparations:* 21/24. A woman accuses her flatmate's brother of rape. (S12)
12.00 M'T **Law & Order: Special Victims Unit**
1.50 AM **Bull** 17&18/20. (S4)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S7&8)
10.00 **Dogs Behaving (Very) Badly: Australia**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **8.00** Two officers attempt to catch a gang of late-night burglars.
9.00 **Trauma Room One** A patient undergoes a delicate spinal operation.
10.00 **Ambulance: Code Red** A 21-year-old man loses his helmet and suffers serious injuries after a motorcycle accident. **11.00** A 41-year-old who has been involved in a traffic collision needs urgent care.
12.00 M'T **A&E After Dark**
1.00 AM **Text Me When You Get Home** Beverly Carter.
1.55 **Skin A&E**
2.45 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
11.05 **Outback Truckers** Five editions, including at: **2.05** PM Truckers Mish and Dru face flooding in Australia's Top End. **3.05** Mark's short cut becomes a diesel and dust nightmare.
4.10 FILM **The Train Robbers** Western starring John Wayne. (1973, U, 92min) ★★
6.05 FILM **Rio Bravo** Western starring John Wayne and Dean Martin. (1959, PG, 140min) ★★★★★
9.00 **Pompeii: The Secret DNA** A new portrayal of the ancient city.
10.55 **Shoplifters: Caught Red Handed** How Britain's high streets are fighting back against the rising tide of shoplifting.
11.55 **Shoplifters: Caught Red Handed** Four editions.
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet**
6.00 **Inside the Ambulance** Loz and Dan are called out to 72-year-old Florence, who has agonising chest pain. **7.00** Medics help a young woman who has had a fit in the street.
8.00 **Inside the Operating Theatre** A four-year-old girl has her droopy eyelid lifted, and a rugby player gets his broken nose reset. **9.00** A woman has gel removed from her eye to make her see again.
10.00 **The Catherine Tate Show** Triple bill.
11.50 **Stacey Dooley Sleeps Over USA** Documentary.
12.50 AM **Ambulance Australia** Documentary.
1.50 **to 3.00** AM **Dangerous Breed: Crime. Cons. Cats**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 **Abandoned Engineering**
8.00 **Great American Railroad Journeys**
11.00 **The World at War**
12.00 NOON **Canal Boat Diaries** Documentary.
1.00 PM **A Perfect Planet**
3.00 **Asia** Four editions.
8.00 **Bangers & Cash** Dave gets nostalgic over a pair of Raleigh Choppers and a rare Mark 1 Ford Granada. **9.00** Derek journeys to Essex to collect an Austin Allegro. **10.00** Jack visits East Yorkshire, where a Ford enthusiast is thinning out his collection of Escorts.
11.00 **Some Mothers Do 'Ave 'Em** Triple bill of the classic comedy series.
1.05 AM **Bangers & Cash**
2.05 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** East Sussex.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Derelict Rescue**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 NEW SERIES **Unacceptable** Comedy panel show. Ed Gamble, Richard Ayoade and Joanne McNally defend outrageous opinions. *See feature, page10.*
10.00 **Rich House, Poor House** A property developer and his wife swap homes with a family living on £100 a week.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 242 365

SUNDAY Entertainment

Great! TV

157 167 170 34 32

8.10 AM **A Fine Romance**
8.40 **The Waltons** (S3)
1.40 PM **The Waltons** (S3)
6.40 **FILM The Jewel of the Nile** Adventure sequel to *Romancing the Stone*, starring Kathleen Turner and Michael Douglas. A novelist and her lover enter a world of intrigue when she agrees to write the biography of an Arab ruler. (1985, PG, 104min) ★★★★
9.00 **The Ruth Rendell Mysteries** *Simisola:* Crime thriller starring George Baker. Inspector Wexford investigates when his doctor's daughter goes missing – and the last person to see her is killed.
11.20 **M*A*S*H** (S5)
1.20 AM **Rising Damp** (S3)
2.00 **Air Rescue**
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **FILM Kentucky Rifle** Western drama. (1956, U, 84min) ★★
10.50 **FILM Wing and a Prayer** War drama. (1943, b/w, PG) ★★★
1.00 PM **FILM Paths of Glory** Classic anti-war drama. (1957, b/w, PG, 86min) ★★★★★
2.55 **FILM The Sand Pebbles** Action thriller. (1966, 15, 193min) ★★
6.40 **FILM An Eye for an Eye** Martial arts movie. (1981, 15, 106min) ★
9.00 **FILM The Last Hard Men** Western drama. (1976, 15, 103min) ★★
11.10 **FILM Last Knights** Action adventure. (2015, 15, 112min) ★★
1.35 AM **Dragon Ball Super**
2.35 **Coast Guard Alaska**
3.30 **FILM NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
5.00 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Hailey Dean Mysteries**
11.00 **Murder, She Wrote** Ten episodes of the drama.
9.00 PM **FILM Haunted Harmony Mysteries: Murder in G Major** Crime drama starring Tamera Mowry-Housley. A music teacher's new lodgings come with an unexpected guest – a spooky housemate who can't rest in peace until he is cleared of murder. (2024, PG, 115min) ★★
10.55 **FILM Aurora Teagarden Mysteries: Haunted By Murder** Thriller. (2022, U, 84min) ★★
12.45 AM **FILM Stealing Paradise** Thriller. (2011, PG, 83min) ★★★
2.25 **FILM Secrets at the Lake** Suspense thriller. (2019, PG, 86min) ★★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM A Christmas Love Story** (2019, U) ★★
10.00 **FILM A Christmas Break** Drama. (2020) ★★
12.00 NOON **FILM The Last Christmas Home** Drama. (2018, PG) ★★
1.50 PM **FILM Dashing Home for Christmas** Drama. (2020, PG) ★★
3.50 **FILM Christmas on Honeysuckle Lane** Drama. (2018, PG) ★★
5.50 **FILM Reunited at Christmas** Drama. (2018, PG, 84min) ★★
7.50 **FILM Christmas in Evergreen: Letters to Santa** Drama sequel. (2018, PG, 84min) ★★
9.45 **FILM The Santa Squad** Drama. (2020, PG) ★★
11.45 **FILM Christmas Truce** Drama. (2015, PG) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Dashing Home for Christmas** As 1.50pm.

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **New Home DIY**
1.30 **FILM The Lady Vanishes** Mystery with Margaret Lockwood (1938, b/w, U, 98min) ★★★★★
3.30 **FILM The Dirty Heroes** Wartime adventure. (1967, 15, 105min) ★★★
5.45 **FILM Commandos** Wartime adventure. (1968, 18, 112min) ★★★
8.00 **FILM Bang Bang You're Dead** Drama starring Ben Foster. (2001, 15, 89min) ★★★★
10.00 **FILM Escort Girls** Adult drama starring Maria O'Brien. (1974, 18, 101min) ★★★
12.00 M'T **FILM Sex Farm: Frustrated Wives** Adult comedy. (1974, 15, 84min) ★★★
2.00 AM **FILM You Can't Win 'em All** Adventure. (1970, PG, 95min) ★★
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 164 141

6.00 AM **Sherlock Holmes**
7.00 **The Dustbinmen**
8.00 **Doctor at Large**
9.00 **Bubblegum & Cheese**
10.00 **Two's Company** (S4)
11.30 **Frankie's On**
12.00 NOON **The Fenn Street Gang** 4-6/18. (S2)
1.30 PM **FILM Not Now, Darling** (1972, PG) ★★
3.20 **The Dustbinmen** (S3)
4.20 **Two's Company** (S4)
5.50 **We Had One of Those**
6.00 **Frankie's On**
6.30 **Doctor at Large** (S1)
7.30 **The Fenn Street Gang**
9.00 **Riders** Drama.
11.05 **FILM The Jekyll And Hyde Portfolio** Horror. (1971, 18, 81min) ★★
12.50 AM **FILM Pets** Drama. (1973, 18, 97min) ★★
2.50 **Stereo Underground**
3.45 **We Had One of Those**
3.55 **Rewind Time Machine**
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Chasing Classic Cars**
2.00 PM **Kindig Customs**
5.00 **Wheeler Dealers**
7.00 **Expedition Bigfoot** Russell is unnerved. **8.00** A potential Bigfoot kill zone is discovered.
9.00 **NEW SERIES Unacceptable** Comedy panel show. Ed Gamble, Richard Ayoade and Joanne McNally defend outrageous opinions. *See feature, page10.*
10.00 **UFO Witness** Reports of shapeshifting UFOs.
11.00 **Expedition X** A search for a legendary beast in an Alaskan lake. **12.00** M'T Testing a mind-bending theory. **1.00** AM Caverns believed to be portals to the Maya underworld.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
1.00 PM **James Martin's Islands to Highlands**
3.00 **The Great British Bake Off** Noel Fielding and Matt Lucas welcome 12 new contestants into the famous tent. **4.30** The bakers make brandy snaps and a toy made from biscuit. **6.00** The contestants face bread challenges. **7.30** The amateurs take on Dessert Week.
9.00 **James Martin's Spanish Adventure** The chef is introduced to carcamusa in Castilla-La Mancha.
10.00 **Man v Food** Double bill.
11.00 **Michel Roux's French Country Cooking**
12.00 M'T **James Martin's Spanish Adventure**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Babylon 5** (S1)
12.00 NOON **FILM Asteroid-a-geddon** Action adventure. (2020, PG, 90min) ★★
2.00 PM **FILM The Southern Star** Adventure. (1968, PG, 105min) ★★★
4.00 **FILM The Scarlet Blade** Swashbuckling English Civil War adventure. (1963, U, 83min) ★★
5.35 **FILM Zulu Dawn** Historical drama sequel. (1979, PG, 121min) ★
8.00 **The Twilight Zone** (S3)
9.00 **FILM Wild Card** Thriller starring Jason Statham. (2015, 15, 92min) ★★★
10.55 **FILM Gold** Adventure thriller starring Matthew McConaughey. (2016, 15, 120min) ★★★
1.20 AM **FILM Night Hunter** Action thriller. (2018, 15, 88min) ★★
3.10 **to 5.00** AM **FILM Southern Fury** Thriller. (2017, 18, 97min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The A-Team** (S2)
3.00 PM **FILM Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
5.00 **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
7.00 **FILM Dark Storm** Sci-fi with Stephen Baldwin. (2006, 15, 89min) ★★
9.00 **FILM Daylight** Disaster movie starring Sylvester Stallone and Amy Brenneman. (1996, 12, 114min) ★★★
10.50 **FILM Aftermath** Drama starring Arnold Schwarzenegger. (2016, 15, 94min) ★★
1.15 AM **FILM The Disappearance** Thriller. (1977, 15, 102min) ★★
3.00 **FILM 500 MPH Storm** Disaster movie. (2013, PG, 86min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
8.20 **Outback Wreckers**
9.15 **Storage Wars: Texas**
11.10 **Pawn Stars**
1.05 PM **Junk & Disorderly: Henry's Wreck-trospective**
4.05 **Storage Wars**
7.00 **History's Greatest Mysteries** An lost English settlement in the New World in the 1500s. **8.00** A series of widely sighted UFOs in Arizona and Nevada in 1997.
9.00 **Mysteries Unearthed with Danny Trejo** Valuable treasures, found in the most unlikely of ways.
10.00 **Cursed Histories** The people, places and objects plagued by an apparent 'curse'.
11.00 **What on Earth?**
1.00 AM **Strange Evidence**
3.00 **Discovered by Disaster**
4.00 **to 6.00** AM **Walking Through History**

5SELECT

153 166 138 46 133 30

9.00 AM **Walking Wartime Britain** In Liverpool.
9.35 **Secrets of Our Universe with Tim Peake**
11.35 **All Creatures Great and Small** (S1&2)
5.00 PM **The Madame Blanc Mysteries** (S3)
7.00 **The Middletons: Should They Be Working Royals?** A look at a possible royal role for the Princess of Wales' parents.
8.00 **The Queen & the Traitor: A Great British Scandal** Exploring the story of Soviet spy Anthony Blunt.
9.35 **Zara and Mike: the Royal and the Rugby Player** Documentary charting the story of Zara and Mike Tindall.
11.00 **Taggart** *Babushka.*
1.45 AM **Prisoner: Cell Block H** Double bill.
3.40 **to 4.00** AM **Cruising with Jane McDonald**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Catchphrase Celebrity Special**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** Jimmy Carr, Jack P Shepherd, Matt Dawson and Sally Bercow take part. **6.00** Dan Lobb, Jodie Prenger, Chris Packham and Jennie McAlpine try to win money for charity.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Bradley Walsh hosts a *Coronation Street* edition of the quiz.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
8.00 PM **Georgie and Mandy's First Marriage** 3/22. Georgie receives his first credit card, leading Mandy to reveal she is in debt. **8.30** 4/22. Georgie and Mandy try to make some new friends. (S1)
9.00 **NEW SERIES Unacceptable** Comedy panel show. Ed Gamble, Richard Ayoade and Joanne McNally defend outrageous opinions. *See feature, page10.*
10.00 **Mock the Week: Summer Specials** Series finale Topical comedy panel show.
11.00 **Unacceptable**
12.00 M'T **Zero Stars**
1.00 AM **Young Sheldon**
3.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Friends** 9-22/24. (S2)
7.00 PM **Mr Bean** Six episodes, including at: **9.00** The hapless hero plans the Christmas holiday of a lifetime. **9.30** Mr Bean gives his hotel room a makeover.
10.00 **Alan Carr Live: Spexy Beast** A 2011 show at the Manchester Arena.
11.00 **8 Out of 10 Cats Uncut**
12.40 AM **Kevin Bridges: A Whole Different Story** Stand-up show.
1.40 **David O'Doherty: Comedy Central Live**
2.10 **Ardal O'Hanlon: Comedy Central Live**
2.40 **Jeff Dunham: Comedy Central Live**
3.10 **Rosie Jones Tries to Help** With Harry Hill.
3.20 **Utopia** 6/8. (S5)
3.50 **Teachers** 18/20. (S3)
4.15 **to 5.00** AM **Stupid Central**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
6.45 **The Culture Capsule**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
11.00 **Criminally Funny**
7.00 PM **Friends** 13/24. Part two of two. Rachel lands a date with Jean-Claude Van Damme. **7.30** 14/24. Rachel sees Ross in a different light. **8.00** 15/24. Monica falls for an old family friend. **8.30** 16/24. Joey decides to move out. (S2) **9.00** 10/24. Ross gets a pet monkey. **9.30** 11/24. Chandler's mother arrives in town. **10.00** 12/24. Rachel ends her relationship with Paolo. (S1)
10.30 **Friends** 13-20/24. (S1)
2.00 AM **New Girl** (S4&5)
4.30 **Mike Judge's Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Whatever Happened to the Likely Lads?** Triple bill.
9.50 **Some Mothers Do 'Ave 'Em** 1-4/7. Sitcom. (S1)
12.10 PM **Steptoe and Son**
3.55 **Rising Damp** (S1)
6.00 **Birds of a Feather** (S11)
7.55 **Minder** 1/13. (S9)
9.00 **Benidorm** 2/7. The Garveys discover Madge has sold up and left. Guest stars Cilla Black and Denise Welch. (S4)
9.55 **Shameless** 4/8. Carol makes a shocking discovery. (S3)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 2/7. (S4)
12.55 AM **Minder** 10/13. (S2)
2.00 **Duty Free** 5/7. (S3)
2.20 **Man About the House**
2.45 **The Kenny Everett Video Show**
3.05 **That's 60s: Best Music Live!**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Catfish: The TV Show**
1.00 PM **Judge Judy**
6.00 **Beauty and the Geek Australia** Attractive women are paired up with social misfits. **7.35** The beauties and geeks pair up on the set of a stunt action movie. **9.00** Hearts are put on the line as the final pairings are made.
10.30 **Tattoo Fixers** A man whose tribute to his beloved mother went drastically wrong. **11.30** A ladies' man needs help covering an embarrassing portrait of his mother.
12.30 AM **Ink Master**
2.20 **Jersey Shore Family Vacation** Reality series.
3.10 **to 4.00** AM **Ghosted: Love Gone Missing**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

5 July **Sunday**

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Wheeler Dealers World Tour**
12.00 NOON **Building Off the Grid**
2.00 PM **Alaska: Homestead Rescue** Five editions of the series, including at:
4.00 The Raneys must move an entire cabin into the flood zone as Marty's dam is tested.
5.00 Threatened by an approaching wildfire, a couple need a solution to their failing Idaho homestead.
6.00 Soil poisoned by coal production hampers a Kentucky homestead.

2.00 Alaska: Homestead Rescue

7.00 **Alaska: Homestead Rescue** New edition With their once-swampy homestead ravaged by brutal heat, drought, and deadly predators, a Louisiana family are on the edge of survival.
9.00 **Barnwood Builders** The team salvage logs from a Pennsylvania barn to use in the building of a guesthouse in New York.
10.00 **Deadliest Catch** Monte discovers Keith's pots in an illegal zone, and a storm reconnects Jake to the *Cornelia Marie*'s past.
11.00 **Mighty Truckers** Dutch trucker Samantha crosses the German border with a truckload of horse manure.
12.00 M'T **Kindig Customs** A client gets help building a Mopar.
1.00 AM **Kindig Customs**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy helps save community cats in Philadelphia.
4.00 How one cat is helping others find forever homes.
5.00 **Treehouse Masters** Pete is in New York's Catskill Mountains to construct a glasshouse.
6.00 **Bad Dog!** Footage of a cat knocking over a Christmas tree.

8.30 Little Giants

7.00 **How Do Animals Do That?** How dogs have learnt to melt our hearts.
7.30 How a fish can make water into a weapon.
8.00 **Little Giants** Searching for the bombardier beetle in the Mojave Desert.
8.30 Searching for the panther chameleon.
9.00 **Alaskan Bush People: Book of Gabe** An in-depth interview with Gabe Brown, as winter arrives in Alaska.
10.00 **Tanked** Wayde and Brett build a 24ft-long tank with individual sleeping pods as part of a company's nap room.
11.00 **Alaska: The Last Frontier** Eivin builds a survival motorbike fitted with weapons.
12.00 M'T **Fish or Die** Ocean-dwelling fish in Lake Windsor.
1.00 AM **Saved by the Barn**
2.00 **The Haunted**
3.00 **Little Giants**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
10.00 **Air Crash Investigation**
12.00 NOON **Ancient Structures: Secrets Revealed**
1.00 PM **Lost Treasures of Egypt**
3.00 **Kingdom of the Mummies** Exploring an underground burial chamber in Egypt.
4.00 The team attempt to move the lid of a sarcophagus.
5.00 **Air Crash Investigation** The crash of United Airlines Flight 232 on Sioux City in 1989.
6.00 How more than 300 passengers escaped from a plane that caught fire.

7.00 Hidden Beneath the Cities

7.00 **Hidden Beneath the Cities** New edition Construction crews uncovered tunnels below Washington, DC.
8.00 **Colosseum: Rise and Fall** New discoveries and cutting-edge research reveal the history of Rome's Colosseum.
9.00 **Colosseum: Rise and Fall** Archaeologists dig beneath the Colosseum to uncover the remains of some ancient beasts.
10.00 **Colosseum: Rise and Fall** Archaeologists head to in Austria, Tunisia and Rome as they examine the empire's collapse.
11.00 **Decoding History's Prophecies** Including the stories of Nostradamus, and the first case of stigmata.
12.00 M'T **Seconds from Disaster** Events that led to the sinking of the *Bismarck* in 1941.
1.00 AM **Car S.O.S** Double bill.
3.00 **to 5.00** AM **Megafactories**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **What on Earth?**
9.00 **Storage Wars**
10.55 **Storage Hunters**
12.45 PM **Pawn Stars**
2.40 **Tricky Dick** Richard Nixon's rise to the US presidency.
3.40 How Nixon became the Republican Party's presidential nominee in 1968.
4.35 A look at how Nixon navigated the Vietnam War.
5.35 The Watergate Affair threatens Nixon's presidency.
6.30 **U-Boat Wargamers** A fatal flaw is found in the Royal Navy's anti-U-boat strategy.

2.40 Tricky Dick

7.40 **U-Boat Wargamers** With the Allies at crisis point in 1943, the Wrens had to prove their worth and the stage was set for a battle that would turn the tide of the war in the Atlantic.
8.50 **U-Boat Wargamers** The battle hit a turning point and Donitz unleashed an advanced torpedo to flip the momentum. Gilbert Roberts and Jean Laidlaw then had to devise a strategy to combat the new threat.
10.00 **World War II with Tom Hanks** The Allies hope to quickly penetrate the Nazi Reich via Italy.
11.00 **World War II with Tom Hanks** Allied air forces engage in battle with the German Luftwaffe in Europe's skies.
12.00 M'T **Mysteries Unearthed with Danny Trejo** The actor explores some of history's biggest unearthed mysteries.
1.00 AM **Storage Hunters**
3.00 **Pawn Stars**
5.00 **to 6.00** AM **What on Earth?**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Dennis Hopper** A profile of the actor.
7.00 **Discovering: Sissy Spacek**
8.00 **The Directors**
9.00 **Amerigo**
10.50 **My Icon: Michael Holding**
11.00 **Jackie Stewart**
1.00 PM **Ferrari: Race to Immortality** Documentary.
2.50 **My Icon: Linford Christie**
3.00 **Be Water** Documentary.
5.00 **I Am Raquel Welch**
6.45 **My Icon: Ebony Rainford-Brent** The ex-England cricket star discusses her inspirations.

3.00 Be Water

7.00 **FILM Senna** Documentary about legendary Formula 1 racing driver Ayrton Senna, whose astonishing career was tragically cut short at the San Marino Grand Prix in 1994. (2010, 12, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **Costa Concordia: Chronicle of a Disaster** Documentary told from different perspectives of the 2012 sinking of the cruise ship, examining why it ran aground and how the chaotic evacuation took place.
11.00 **Terry Venables: A Man Can Dream** A look at the life and times of the football played-turned-manager.
1.00 AM **Lance** 1&2/2. A personal examination of the rise and fall of Lance Armstrong, examining the cyclist's rise to fame, struggle with cancer, and downfall in a doping scandal.
5.00 **to 6.00** AM **The Directors**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Combat Dealers**
8.00 **Money for Nothing**
9.00 **The Repair Shop**
1.00 PM **LIVE British Superbikes** Round four from Snetterton.
6.00 **The Yorkshire Auction House** A mysterious 17th-century artwork.
7.00 **Angus Ashworth: Yorkshire Heritage Hero** Angus visits Thirsk Hall near York.
8.00 **The Repair Shop**
9.00 **NEW SERIES Unacceptable** Comedy panel show. Ed Gamble, Richard Ayoade and Joanne McNally defend outrageous opinions. *See feature, page 10.*
10.00 **The Repair Shop**
1.00 AM **Ant Anstead Master Mechanic**
3.00 **Wheeler Dealers World Tour**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Chris Parker.
12.00 NOON **FBI Files**
3.00 PM **The Perfect Murder** Four editions.
7.00 **The Perfect Murder** The crimes of lawyer Carlos Perez-Olivo.
8.00 The murder of Russel Douglas.
9.00 **A Killer's Mistake** An elderly man is killed.
10.00 **The Killer in My Family** A look at the crimes of Bobby Joe Long.
11.00 **Lethally Blonde** A rapper enters a deadly spiral of violence.
12.00 M'T **Faking It: Tears of a Crime** Mark Galante.
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Railway Murders** The murder of William Saunderson-Smith.
8.00 **UK Crime Files: Tracking a Serial Killer** A look into the case of two men's bodies discovered in Derby.
9.00 **UK Crime Files: The Cliff Top Killer** The crimes of John Cooper.
10.00 **UK Crime Files: A Random Murder**
11.00 **UK Crime Files: Murder of Rachel Manning**
12.00 M'T **UK Crime Files: A Murderous Journey**
1.00 AM **Britain's Countryside Killers**
2.00 **Killers: Caught on Camera** Documentary.
3.00 **When Death Comes Knocking** Documentary.
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Secrets of a Murder Detective**
2.00 PM **UK Crime Files: The Murder of Collette Aram**
3.00 **UK Crime Files: Massacre at Red Gables Hotel** How Neil Rutherford unleashed terror at a hotel in 1976.
4.00 **UK Crime Files: Unravelling the Murder of Janet Commins** The story of a woman found dead in 1976.
5.00 **UK Crime Files: The Leanne Tiernan Murder** The abduction and murder of Leanne Tiernan in Yorkshire.
6.00 **UK Crime Files: Secret Life and Public Death** The 1988 murder of Danny Denbury.
7.00 **Judge Judy** Real-life small-claims cases.
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Britain's Longest Road**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
11.00 **Caught Red Handed**
2.00 PM **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **Killing Mum and Dad**
6.00 **Killer in My Village**
7.00 **Catching the Killer**
9.00 **NEW SERIES Terror on Long Island** 1&2/3. A series of murders in New York between 1993 and 2010.
11.00 **Killing Mum and Dad**
12.00 M'T **What the Killer Did Next** Megan Newton.
1.00 AM **World's Most Evil Killers** Texas serial killer Anthony Allen Shore.
2.00 **Britain's Most Evil Killers**
3.00 **The Real Manhunter**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Armstrong**
10.40 **Agatha Christie's England** As 6.40pm.
11.35 **Agatha Christie: 100 Years of Poirot & Miss Marple** As 7.40pm.
1.00 PM **The Bush Years: Family, Duty, Power**
6.40 **Agatha Christie's England** Places that inspired the writer.
7.40 **Agatha Christie: 100 Years of Poirot & Miss Marple** A look at the writer's life and 10 of her most famous books.
9.15 **Armstrong** The life of the astronaut and aviator Neil Armstrong.
11.25 **Weathered: Earth's Extremes** The impact of droughts and floods.
12.00 M'T **Agatha Christie: 100 Years of Poirot & Miss Marple** As 7.40pm.
1.30 **to 2.00** AM **Weathered: Earth's Extremes**

SUNDAY

Sunday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Extraordinary Animals**
8.00 **My Best Friend's an Animal**
10.00 **Super Shark Highway**
12.00 NOON **Kingdom of the Tide**
1.00 PM **Extreme Africa**
3.00 **My Wild Cats**
5.00 NEW SERIES **Superbeast** A celebration of nature's ultimate athletes as they survive, excel and dominate in Earth's toughest arenas.
6.00 **Wild Science** New edition Cameras get up close with the hippo as rival males clash and new life emerges beneath the water's surface.
7.00 **David Attenborough's Wild City** The veteran broadcaster explores Singapore's wildlife. **8.00** The animal life of Singapore's urban environments. **9.00** Exploring Singapore's islands, which have a host of remarkable creatures.
10.00 **Superbeast** As 5.00pm.
11.00 **Wild Science** As 6.00pm.
12.00 M'T **Wild Crusades**
2.00 AM **Alaskan Summer**
3.00 **to 6.00** AM **Shadowlands**

Crime+Investigation

139/140 142 133

6.00 AM **Killer Britain with Dermot Murnaghan** Double bill.
8.00 **Cops Gone Bad with Will Mellor** Double bill of editions.
10.00 **Murdertown** Double bill.
12.00 NOON **999: Killer on the Line**
2.00 PM **Crimes That Shook Britain**
4.00 **Fugitives Caught on Tape**
7.00 **Hometown Tragedy** In Milwaukee, 19-year-old Sade Robinson goes missing.
8.00 **Cold Case Files: Dead West** The murder of a rare books dealer in her own store.
9.00 **The Death Investigator with Barbara Butcher** The 1997 murder of a beloved teacher.
10.00 **Cold Case Files** Police simultaneously seek a killer and the identity of the victim. **11.00** How DNA testing solved a 40-year-old murder case.
12.00 M'T **Staged: Deadly Deception**
1.00 AM **Cold Case Files: Murder in the Bayou** Documentary.
2.00 **Accident, Suicide or Murder?**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 71

9.00 AM **Wild Brazil**
10.00 **Wild Japan**
1.00 PM **Wild Brazil**
2.00 **Wild Japan**
5.00 **Wild Brazil**
6.00 **Wild Japan** Exploring the wildlife of rural Japan's mountains, rainforests, beaches and swamps, beginning with Honshu, Japan's largest island. **7.00** Focusing on the tropical Southwest Islands in the south of Japan, which are home to volcanoes and fierce typhoons. **8.00** The wildlife of rural Japan's mountains, rainforests and beaches, where the climate can shift drastically from icy cold winters to tropical summers.
9.00 **Wild Brazil** A fierce drought culminates in huge and ferocious fires, while animals look for breeding partners.
10.00 **Wild Japan** Triple bill.
1.00 AM **David Attenborough's Natural Curiosities**
5.30 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Digging for Britain**
11.00 **Kevin Costner's The West**
1.00 PM **Britain's Lost Battlefields with Rob Bell** The Battle of Bannockburn of 1314.
2.00 **Ancient Aliens**
4.00 **Digging for Britain**
6.00 **WWII's Most Daring Raids**
7.00 **The Black West** The anonymous Black people who inspired countless Westerns.
8.05 **Alien Corridors** Investigating a suspected underground alien base in New Mexico.
9.05 **Clash of the Gods** Investigating the origins of Medusa and her connection to human corpses.
10.05 **The Nostradamus Effect** An investigation into the plausibility of apocalyptic prophecies throughout history.
11.00 **Ancient Aliens**
1.00 AM **Battle 360**
2.00 **Secret Wars Uncovered**
3.00 **Combat Ships**
4.00 **Bone Detectives: Britain's Buried Secrets**
5.00 **to 6.00** AM **River Hunters**

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
10.00 **Iberia's Woodlands: Life on the Edge** 1&2/2. Documentary.
12.00 NOON **Thailand's Hidden Wilderness** Documentary.
1.00 PM **Katavi: Africa's Fallen Paradise** 1-3/3. Triple bill.
4.00 **Secrets of the Zoo: Tampa**
5.00 NEW SERIES **Critter Fixers: Country Vets** The vets help 15 celebrity Chihuahuas.
6.00 **Heartland Docs** New edition A horse sustains a facial injury.
7.00 **Wild Cats of India** 1/2. Cameras track India's big cats. **8.00** 2/2. Focusing on small wild cats that live in the shadow of their larger cousins.
9.00 **Canary Islands: Born of Fire** The massive eruption of Cumbre Vieja Volcano.
10.00 **Climbing Redwood Giants: Life in the Sky** The story of the world's tallest living trees.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 140 166

8.00 AM **The Killer Beside Me**
11.00 **Love the Way You Lie**
12.00 NOON **Faking It: Tears of a Crime** Four editions.
4.00 PM **American Monster** How a dirty secret at work led to a deadly confrontation. **5.00** How resentment and envy festered in a marriage, leading to a shocking 911 call. **6.00** The fatal shooting of 23-year-old Michelle Lira. **7.00** The story of the fatal stabbing of Charlene Wold.
8.00 **Evil Lives Here** The 2012 Seattle cafe shooting spree. **9.00** A divorcée doesn't see what everyone else sees in her man – that he is a killer.
10.00 **The Real Murders on Elm Street** A case in which three friends went for a haircut, only to find their barber dead and dusted in white powder.
11.00 **American Monster**
12.00 M'T **Before They Kill Again**
2.00 AM **Where Murder Lies**
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **The Dino Hunters**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **Incredible Engineering Blunders: Fixed** Double bill.
4.00 **How the Universe Works**
6.00 **How It's Made**
8.00 **Mysteries of the Deep** Jeremy Wade explores the sinking of the mighty SS *Fitzgerald*. **9.00** When a mummified body is discovered on an abandoned boat, investigators struggle to explain where it came from, so Jeremy sets out to reveal what happened.
10.00 **Valley of The Kings: The Lost Tombs** A team of experts dig for major discoveries in Egypt's entire Eastern and Western Valley of the Kings to unravel its final secrets and create the ultimate treasure map.
12.00 M'T **How the Universe Works**
2.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1 hr 267 379

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **World's Toughest Expeditions with James Cracknell**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Evidence reveals why the Pantheon was built and how it has survived. **7.00** Experts use pioneering technology to investigate the ancient Roman city of Hierapolis. **8.00** Experts use advanced archaeological methods to delve into strange ancient mounds.
9.00 **Salvage Hunters: The Restorers** Neon light designer Julia Bickerstaff restores an advertising sign for Riley Cars. **10.00** Sculptor Nick Elphick works on a life-sized stag statue, and metalsmith Ted Edley restores a shooting game. **11.00** Michael and Maria restore an automata by a legendary Parisian maker.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

158 146 180

7.00 AM **Supertruckers**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Iron Resurrection**
5.00 PM **Shed and Buried: Classic Cars** Henry and Fuzz take on a risky Triumph Spitfire. **6.00** Henry and Fuzz dive into an eclectic mix of British and American vehicles.
7.00 **Wheeler Dealers World Tour** Mike and Elvis build a tribute to Paddy Hopkirk's Monte Carlo Rally-winning 1964 Mini Cooper.
8.00 **Wheeler Dealers** After years of searching, Mike has found the ultimate 1980s hot hatch – the Renault 5 GT Turbo. **9.00** Mike tracks down an affordable Morgan to restore.
10.00 **Wheeler Dealers World Tour** Mike and Elvis offer their expertise to a YouTuber.
11.00 **Wheeler Dealers** Mike takes a risk on a Jaguar E-type. **12.00** M'T Revamping an Austin-Healey Frogeye Sprite.
1.00 **to 4.00** AM **Supertruckers**

+1 hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **Sky Cinema Preview**
6.50 **The SpongeBob Movie...**
8.30 **Grand Prix of Europe**
10.20 **Bugonia** As 5.50pm.
12.30 PM **The Choral** Comedy drama. (2025, 15, 113min) ★★★★
2.30 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
4.10 **Grand Prix of Europe** Animation. (2025, U, 98min)
5.50 **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★

8.00 Civil War

8.00 Civil War Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. With Wagner Moura, Cailee Spaeny and Nick Offerman. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Lee Cronin's The Mummy Horror starring Natalie Grace. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **LifeHack** Heist thriller. (2025, 15, 97min)
2.05 **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
3.50 **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
5.35 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Minions

303 303 403 503 517

6.00 AM **Despicable Me 3** (2017)
7.40 **Minions** As shown at 9.15pm.
9.20 **Despicable Me** As 11.00pm.
11.00 **Despicable Me 2** As 5.45pm.
12.40 PM **Despicable Me 3** (2017)
2.20 **Minions** As shown at 9.15pm.
4.00 **Despicable Me** As 11.00pm.
5.45 **Despicable Me 2** Animated comedy sequel with the voices of Steve Carell and Kristen Wiig. The reformed super-villain falls in love with a secret agent. (2013, U, 97min) ★★★

5.45 Despicable Me 2

7.30 Despicable Me 3 Animated sequel with the voice of Steve Carell. (2017, U, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 Minions Animated comedy featuring the voices of Sandra Bullock, Jon Hamm and Michael Keaton. Three creatures become henchmen to an evil genius, and uncover a threat to their whole species. (2015, U, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 Despicable Me Animated comedy featuring the voices of Steve Carell, Jason Segel and Russell Brand. A criminal mastermind adopts three young girls as part of his plan to steal the moon. With Julie Andrews, Will Arnett, Kristen Wiig and Miranda Cosgrove. (2010, U, 94min) ★★★★
12.45 AM **Despicable Me 2** (2013)
2.30 **Despicable Me 3** As 7.30pm.
4.15 **to 6.00** AM **Minions** (2015)

Sky Cinema Drama

310 310 410 510 524

6.00 AM **The Breakfast Club** (1984)
7.40 **Footloose** Teen dance drama. (1984, 12, 107min) ★★★
9.35 **Lee** Biopic. (2023, 15) ★★★
11.35 **Dunkirk** World War Two drama. (2017, 12, 106min) ★★★★★
1.30 PM **Erin Brockovich** Fact-based drama starring Kate Winslet. (2000, 15, 133min) ★★★★
3.45 **Chicago** Oscar-winning musical. (2002, 12, 112min) ★★★★
5.50 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
10.20 **The Green Mile** Supernatural prison drama based on the novella by Stephen King, starring Tom Hanks, Michael Clarke Duncan and Sam Rockwell. (1999, 18, 189min) ★★★★
1.35 AM **...And Justice for All** Satirical black comedy. (1979, 15, 119min) ★★★
3.40 **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
5.20 **to 7.10** AM **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.55 AM **Die Alone** Horror. (2024, 15, 91min) ★★★★
8.30 **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
10.10 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
12.00 NOON **Opus** As 3.30am.
2.00 PM **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★
4.20 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
6.05 **Ghostbusters** Supernatural comedy with Bill Murray, Dan Aykroyd and Sigourney Weaver. (1984, 12, 105min) ★★★★
8.00 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise and Emily Blunt. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. (2014, 12, 113min) ★★★★
10.00 **Anaconda** Adventure starring Jennifer Lopez, Ice Cube and Jon Voight. (1997, 15, 89min) ★★★
11.45 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
1.15 AM **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
3.30 **Opus** Black comedy thriller. (2025, 15, 104min) ★★★★
5.30 **to 7.45** AM **M3GAN 2.0** Thriller sequel. (2025, 15, 120min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.20 AM **Grand Prix of Europe**
8.00 **Hook** Fantasy. (1991, U) ★★★
10.25 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
12.10 PM **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
1.45 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
3.20 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
6.00 **Grand Prix of Europe** Animation. (2025, U, 98min)

7.45 Look Who's Talking

7.45 Look Who's Talking Comedy starring Kirstie Alley and John Travolta. A single mother-to-be searches for the perfect father for her child. (1989, 12, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 Look Who's Talking Too Comedy sequel starring Kirstie Alley and John Travolta. Baby Mikey finds himself with a new sister. (1990, 12, 77min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 Look Who's Talking Now Comedy sequel with John Travolta and Kirstie Alley. (1993, 12, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12, 98min) ★★
2.30 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
4.20 **to 6.10** AM **Mr Peabody & Sherman** Animated comedy. (2014, U, 97min) ★★★★

Sky Cinema Action

306 306 407 507 521

7.05 AM **The Mechanic** Action thriller. (2011, 15, 93min) ★★
8.45 **Clash of the Titans** (2010)
10.35 **Olympus Has Fallen** Action thriller. (2011, 15, 119min) ★★★
12.35 PM **xXx: The Next Level** Action sequel. (2005, 12, 97min) ★★
2.30 **xXx: Return of Xander Cage** Action thriller. (2016, 12) ★★★
4.20 **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★
6.10 **Morbius** Fantasy adventure. (2022, 12, 104min) ★★

6.10 Morbius

8.00 300 Epic adventure starring Gerard Butler and Lena Headey. In 480 BC, 300 partans face overwhelming odds when they make a defiant stand against the Persian enemy at the Battle of Thermopylae. (2006, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Meg Action thriller starring Jason Statham. A rescue diver is hired to save the crew of a deep-sea submersible from a 75ft-long shark. (2018, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Transformers: Dark of the Moon** Sci-fi adventure sequel starring Shia LaBeouf. (2011, 12, 154min) ★★★
2.35 AM **Long Gone Heroes** Action thriller starring Eden Brolin. (2024, 15, 101min) ★★★
4.25 **to 6.15** AM **Blood for Dust** Thriller starring Scoot McNairy. (2023, 15, 98min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **The Naked Gun** Spoof. (1988, 15, 85min) ★★★★
8.55 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★
10.35 **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★
12.15 PM **The Naked Gun** (2025)
1.50 **Bridget Jones: Mad About the Boy** (2024, 15) ★★★★
4.05 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
5.55 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★

9.50 Liar Liar

8.00 Little Fockers Comedy sequel starring Robert De Niro and Ben Stiller. A male nurse must prove to his tough father-in-law that he is worthy of one day taking his place as the family patriarch. (2010, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Liar Liar Comedy starring Jim Carrey as an unscrupulous lawyer who is forced to tell the truth for one day after his neglected five-year-old son is granted his birthday wish. With Maura Tierney. (1997, 12, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
1.10 AM **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
3.00 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
5.00 **Cinema List: Risky Romance**
5.30 **to 7.05** AM **The Naked Gun** Comedy. (2025, 15) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.50 AM **The Alto Knights** Drama. (2024, 15, 123min) ★★★
9.05 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
11.05 **Ocean's Thirteen** Thriller. (2007, PG, 122min) ★★★
1.20 PM **Civil War** Action thriller. (2023, 15, 109min) ★★★★
3.20 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
5.45 **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★

8.00 Inception

8.00 Inception Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A corporate spy assembles a team to infiltrate the dreams of a billionaire, but his own guilty dreams of his dead wife threaten to sabotage the mission. With Ken Watanabe and Marion Cotillard. (2010, 12, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Cellular Thriller starring Kim Basinger, Chris Evans and William H Macy. (2004, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Falling Down** Drama starring Michael Douglas. (1993, 18, 115min) ★★★★
2.05 **The Desperate Hour** Thriller. (2021, 12, 84min) ★★★★
3.35 **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
5.20 **to 7.05** AM **The Plague** Thriller starring Joel Edgerton. (2025, 15, 98min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Mr Popper's Penguins** Comedy starring Jim Carrey. (2011, PG, 94min) ★★★
1.00 PM **Stagecoach** Western remake starring Ann-Margret. (1966, PG, 114min) ★★
3.15 **Patton** World War Two biopic starring George C Scott. (1969, PG, 163min) ★★★★
6.45 **I, Robot** Sci-fi thriller with Will Smith and Bridget Moynahan. (2004, 12, 115min) ★★★★

9.00 Tombstone

I, Robot
(film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Tombstone Western starring Kurt Russell and Val Kilmer. Gunslinger Wyatt Earp abandons his plans to hang up his guns when he runs into a marauding outlaw and his gang. With Sam Elliott and Bill Paxton. (1993, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Peppermint** Revenge thriller starring Jennifer Garner. An LA banker sets out on a vengeance mission after her husband and daughter are killed. (2018, 15, 101min) ★★
1.40 **to 3.35** AM **Two of Us** French romantic drama starring Barbara Sukowa and Martine Chevallier. Subtitled. (2019, 12, 95min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sunday

Sky Cinema 2026 Recap

302 302 402 502 516

6.40 AM **Super Charlie** Animation. (2025, PG, 82min) ★★★
8.10 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
9.45 **How to Train Your Dragon** Fantasy starring Mason Thames. (2025, PG, 125min) ★★★★
11.55 **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
1.45 PM **Nobody 2** Comedy thriller sequel. (2025, 15, 89min) ★★★
3.25 **Superman** Fantasy adventure. (2025, 12, 129min) ★★★★
5.40 **Wuthering Heights** Romance. (2026, 15, 136min) ★★★★
8.00 **Nuremberg** Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Leo Woodall. (2025, 15, 148min) ★★★★★
10.30 **One Last Deal** Drama starring Danny Dyer and Elliott Rogers. (2026, 18, 89min) ★★★
12.05 AM **King Ivory** Thriller starring James Badge Dale and Ben Foster. (2024, 15, 130min) ★★★
2.20 **The Shadow's Edge** Action thriller. (2025, 15, 141min) ★★★
4.45 **to 6.45** AM **Prisoner of War** Action thriller starring Scott Adkins. (2025, 15, 112min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.50 AM **Annie** Film version of the hit musical. (1982, U, 128min) ★★★
10.00 **The Wizard of Oz** Musical. (1939, U, 98min) ★★★★★
11.45 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★
1.40 PM **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
3.25 **Godzilla** Monster movie remake. (1998, PG, 139min) ★★★
5.50 **The Karate Kid** Martial arts adventure with Ralph Macchio and Noriyuki 'Pat' Morita. (1984, 12, 127min) ★★★★
8.00 **The Karate Kid Part II** Martial arts adventure sequel starring Ralph Macchio and Noriyuki 'Pat' Morita. Daniel and his mentor travel to Japan to settle a 50-year-old duel of honour. (1986, PG, 113min) ★★
10.00 **The Karate Kid: Part III** Martial arts adventure sequel with Ralph Macchio. (1989, PG, 111min) ★
11.55 **The Next Karate Kid** Martial arts adventure sequel starring Hilary Swank. (1994, PG, 104min) ★★
1.50 AM **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
3.50 **The Cinema List: Remakes**
4.20 **to 6.20** AM **Kindergarten Cop** Comedy thriller. (1990, 15) ★★★

Disney+ Cinema

305 305

6.00 AM **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG, 102min) ★★★
7.50 **Forky Asks A Question**
8.00 **Mary Poppins Returns** Musical. (2018, U, 130min) ★★★★
10.10 **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U, 73min) ★★★
11.25 **Beauty and the Beast** Musical. (2017, PG, 129min) ★★★★
1.40 PM **Pocahontas** Animation. (1995, U, 81min) ★★★
3.05 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
5.30 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
7.15 **The Sorcerer's Apprentice** Fantasy. (2010, PG) ★★★★
9.00 **Conan the Barbarian** Action fantasy. (1981, 15, 129min) ★★★
11.10 **Guardians of the Galaxy Vol. 2** Fantasy. (2017, 12, 136min) ★★★
1.25 AM **Aliens Vs Predator: Requiem** Sci-fi adventure sequel. (2007, 15, 89min) ★★
3.10 **I Love You, Beth Cooper** Teen comedy. (2009, 15, 97min) ★
4.55 **to 6.00** AM **Bambi** Disney's classic feature-length cartoon. (1942, U, 69min) ★★★★★

Movies 24

312 313 419

7.00 AM **The Snow Must Go On** Drama. (2025, PG, 90min) ★★
9.00 **A Very Vermont Christmas** Drama. (2024, PG, 88min) ★★
11.00 **Christmas at the Catnip Cafe** Festive romantic drama. (2025, PG, 90min) ★★
1.00 PM **Happy Holidays from Cherry Lane** Festive drama anthology sequel starring Julie Gonzalo. (2024, PG, 90min) ★★
3.00 **A Christmas for the Ages** Comedy drama starring Natasha Bure. (2023, PG, 85min) ★★
5.00 **A Keller Christmas Vacation** Drama. (2025, PG, 89min) ★★
7.00 **Single on the 25th** Festive romance. (2025, PG, 90min) ★★
9.00 **Christmas on Duty** Romantic drama starring Janel Parrish, Parker Young and Theo Turner. (2025, PG, 89min) ★★
11.00 **Season's Greetings from Cherry Lane** Festive drama sequel. (2024, PG, 84min) ★★
1.00 AM **'Twas the Date Before Christmas** Romantic drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Everything Christmas** Festive comedy. (2023, PG, 85min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Minesweeper** War drama. (1943, b/w, U, 66min) ★★★
7.20 **The Last Journey** Thriller. (1935, b/w, U, 66min) ★★★
8.40 **The Kansan** Western drama. (1943, U, 80min) ★★★
10.20 **Ferda la Fourmi** Short comedy.
10.30 **The Beverly Hillbillies** (S2)
11.00 **Batman** 11/26. (S3)
11.30 **The Halfway House** Chiller. (1944, b/w, PG, 99min) ★★★
1.30 PM **Carrington VC** Drama. (1954, b/w, PG, 106min) ★★★
3.30 **For the Love of Ada** 3/6. (S1)
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **The Directors**
7.00 **The Smallest Show on Earth** Comedy. (1957, b/w, U) ★★★★
8.35 **Look at Life**
8.50 **The Driver** Thriller starring Ryan O'Neal. (1978, 15, 91min) ★★★★
10.40 **The Blood of Fu Manchu** Chiller. (1969, PG, 91min) ★★
12.30 AM **The Heritage Chart Show**
1.35 **The Phantom of Soho** Thriller. (1964, b/w, 15, 97min) ★★★
3.25 **Cinebox Memories**
3.30 **The Rogues** 23/30. (S1)
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 27/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

Sunday

Sky Sports Main Event

401 401 501 419 439

6.30 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.20 **LIVE Formula 3** The British Grand Prix feature race.
9.25 **F1 Academy: Weekend Wrapped** Canadian Grand Prix.
9.55 **LIVE F1 Academy** Race two of the British Grand Prix.
10.40 **Ted's Notebook**
11.10 **LIVE Formula 2** The British Grand Prix feature race.
12.30 PM **World Cup Matchday**
1.30 **LIVE Formula 1** Coverage of the British Grand Prix, the ninth round of the season, hekd at Silverstone. Start-time 3.00pm. *See feature, page 26.*
5.00 **LIVE Women's ICC World T20 Cricket** Coverage of the final from Lord's.
8.00 **LIVE PGA Tour Golf** Day four of the John Deere Classic at TPC Deere Run in Silvis, Illinois.
11.00 **LIVE Major League Cricket** Seattle Orcas v Texas Super Kings. The T20 encounter.
2.15 AM **to 6.30** AM **LIVE Major League Cricket** San Francisco Unicorns v MI New York. The T20 match.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League Review**
2.00 PM **Netbusters** Goals and action from the Premier League.
4.30 **Premier League Review** A look at some of the finest strikes from the 2025-26 campaign.
5.30 **Premier League Stories** Celebrating the life of former Liverpool and Wolverhampton Wanderers forward Diogo Jota.
6.00 **Premier League Review** Action from the sixth round of fixtures.
7.00 Highlights of the seventh round of top-flight fixtures.
8.00 Action from round eight..
9.00 The ninth round of fixtures.
10.00 Action from the 10th round of top-flight fixtures.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 1993/94 season, all set to a specially selected soundtrack from the time.
1.00 AM **PL Retro** Highlights of Manchester United v Tottenham Hotspur from 1998/99.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Retro League One**
2.45 PM **EFL Greatest Games**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **SPFL Highlights**
5.30 **EFL Greatest Games**
6.00 **Championship Retro**
8.00 **Henrik Larsson: 20 Years On** The former Celtic striker talks about his time at the club.
9.00 **SPFL Highlights** Rangers v Celtic.
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL Highlights** Hibs v Hearts.
11.30 **EFL Greatest Games**
12.00 M'T **SPFL Greatest Games**
2.00 AM **EFL Greatest Games**
3.00 **SPFL Highlights** Rangers v Celtic.
3.30 **EFL Greatest Games**
4.00 **EFL Cup** Man City v Spurs.
5.00 **Best Goals of the Carabao Cup 2020/21** Stunning strikes.
5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 505 422 442

6.30 AM **International T20 Cricket**
7.30 **Women's ICC T20 World Cup**
12.30 PM **Best of ICC WT20**
1.00 **International T20 Cricket**
1.30 **Women's ICC T20 World Cup**
2.30 **LIVE Women's ICC T20 World Cup** Coverage of the final, which takes place at Lord's. New Zealand won the title for the first time two years ago at Dubai International Cricket Stadium, defeating South Africa by 32 runs.
8.00 **Lauren Bell Masterclass**
8.30 **International T20 Cricket** England v India from Old Trafford.
9.00 **Women's ICC T20 World Cup** Action from the first semi-final.
9.30 The second semi-final.
10.00 Highlights of the final, which took place at Lord's.
10.30 **LIVE Major League Cricket** Seattle Orcas v Texas Super Kings. Coverage of the T20 match from Knight Riders Cricket Ground in Pomona, California.
2.15 **to 6.30** AM **LIVE Major League Cricket** San Francisco Unicorns v MI New York. Coverage of the T20 match from Knight Riders Cricket Ground in Pomona, California.

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Golf**
11.00 **PGA Tour Champions Learning Centre** Golf tips and fitness advice.
11.30 **HotelPlanner Tour Golf** Blot Open de Bretagne.
12.00 NOON **LIVE DP World Tour Golf** Coverage of day four of the BMW International Open at Golfclub Munchen Eichenried.
5.00 PM **LIVE PGA Tour Golf** Day four of the John Deere Classic staged at TPC Deere Run.
11.00 **PGA Tour Champions**
12.00 M'T **Legends Tour Golf**
1.00 AM **Golf Academy**
2.00 **PGA Tour Golf**
3.00 **The Open – Official Films**
4.00 **Playing Lessons**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP/WTA Tour Classic Matches** Federer v Agassi.
7.00 **Best of Federer**
9.00 **US Open Classic Matches**
10.00 **Best of Federer**
2.00 PM **ATP/WTA Tour Classic Matches** Federer v Wawrinka.
3.00 **Best of Federer**
4.00 **US Open Classic Matches**
5.00 **ATP/WTA Tour Classic Matches**
6.00 **Best of Serena Williams**
8.00 **ATP/WTA Tour Classic Matches**
9.00 **Best of The US Open 2025**
11.00 **Best of Serena Williams**
12.00 M'T **US Open Classic Matches**
1.00 AM **Best of Serena Williams**
2.00 **Best of Federer**
5.00 **to 6.00** AM **ATP/WTA Tour Classic Matches**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **The Gallagher PREM**
7.30 **LIVE AFL** Port Adelaide Power v North Melbourne Kangaroos. From Adelaide Oval. Bounce-up 7.40am.
10.30 **Cycling Essential Stories**
10.45 **Tour de France Highlights**
11.45 **LIVE Tour de France** Coverage from the second stage of this year's men's race.
5.15 PM **TNT Sports Reload**
5.30 **LIVE MLB** Atlanta Braves v New York Mets. Coverage of the National League match taking place at Truist Park. Start-time 5.30pm.
8.30 **TNT Sports Reload**
9.00 **MotoGP Highlights**
10.00 **Wimbledon** Day seven highlights.
11.30 **TNT Sports Reload**
12.00 M'T **LIVE MLB** Los Angeles Dodgers v San Diego Padres. The National League match from Dodger Stadium. Start-time 12.20am.
3.00 AM **British Superbikes**
4.00 **UCI Mountain Bike World Series** From La Thuile, Italy.
5.00 **to 6.00** AM **BMX Racing**

TNT Sports 2

411 414 522 409 431

6.00 AM **UCI Mountain Bike World Series** From La Thuile, Italy.
7.00 **LIVE ABB FIA Formula E World Championship** Race two of the Shanghai ePrix.
9.30 **Wimbledon**
11.00 **UCI Mountain Bike World Series** From La Thuile, Italy.
12.00 NOON **LIVE UCI Mountain Bike World Series** The women's elite cross country olympic race in La Thuile, Italy.
2.15 PM **LIVE UCI Mountain Bike World Series** The men's elite cross country olympic race.
4.30 **UCI Mountain Bike World Series Review** Trentino Enduro.
5.00 **LIVE NWSL** Boston Legacy v Bay FC. From Gillette Stadium. Kick-off 5.00pm.
7.15 **TNT Sports Reload**
7.30 **LIVE MLB** Chicago Cubs v St. Louis Cardinals. Start-time 7.30pm.
10.30 **British Superbikes**
11.30 **The Gallagher PREM**
1.30 AM **UFC Main Event**
2.30 **UFC Fight Flashback**
4.00 **Ultimate Pool**
5.30 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

412 410 510 426 446

7.05 AM **LIVE NRL** Newcastle Knights v Dolphins. Coverage from McDonald Jones Stadium. Kick-off 7.05am.
9.05 **Super League**
12.00 NOON **LIVE Super League** Wakefield Trinity v Castleford Tigers. The Magic Weekend match at Hill Dickinson Stadium in Liverpool. Kick-off 12.30pm.
2.45 PM **LIVE Super League** Leeds Rhinos v Bradford Bulls. The Magic Weekend match from Liverpool. Kick-off 3.00pm.
5.30 **LIVE Super League** Wigan Warriors v St Helens. The final match of Magic Weekend. Kick-off 5.30pm.
8.15 **NFL Bitesize Highlights**
9.00 **NBA on Fire**
9.30 **Super Bowl LX Highlights**
10.30 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
1.00 AM **Women's Super League**
1.30 **World Club Challenge**
1.45 **Super League Highlights**
2.00 **Super League**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

7.05 AM **LIVE NRL** Newcastle Knights v Dolphins. Coverage from McDonald Jones Stadium. Kick-off 7.05am.
9.05 **My Icon** Sporting influences.
9.30 **World Cup Breakfast**
10.00 **World Cup Matchday**
12.00 NOON **LIVE Super League** Wakefield Trinity v Castleford Tigers. Coverage of the match in Magic Weekend at Hill Dickinson Stadium. Kick-off 12.30pm.
2.45 PM **LIVE Super League** Leeds Rhinos v Bradford Bulls. The Magic Weekend match from Liverpool. Kick-off 3.00pm.
5.30 **LIVE Super League** Wigan Warriors v St Helens. Coverage of the final match of Magic Weekend at Hill Dickinson Stadium. Kick-off 5.30pm.
8.15 **LIVE US Seniors Tour Golf** Coverage of day four of the U.S. Senior Open staged at Scioto Country Club, in Columbus, Ohio.
11.00 **World Cup Report**
12.00 M'T **EFL Greatest Games**
1.00 AM **Premier League Darts**
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.45 AM **Women's State of Origin**
7.00 **State of Origin Rugby League**
7.30 **ICC Women's World Cup 2017**
8.00 **ICC Women's World Cup**
8.30 **International T20 Cricket**
9.30 **Women's ICC T20 World Cup**
10.00 **LIVE PGA Tour Golf** Day three of the Arnold Palmer Cup.
2.00 PM **Women's ICC T20 World Cup** The second semi-final.
2.30 **LIVE Women's ICC T20 World Cup** Coverage of the final, which takes place at Lord's.
8.00 **Formula 1** British Grand Prix.
9.00 **Indy NXT** Highlights.
10.00 **State of Origin Rugby League**
10.15 **LIVE Major League Cricket** Seattle Orcas v Texas Super Kings. The T20 encounter.
2.30 AM **PL Greatest Games**
3.00 **Indycar** Highlights.
5.30 **to 6.00** AM **Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE AFL** Essendon Bombers v St Kilda Saints. Coverage of the match from Marvel Stadium in Melbourne. Bounce-up 6.15am.
9.00 **LIVE European Rally Championship** Special stage nine of Rally Rome.
10.00 **Test Cricket Highlights**
11.00 **Ultimate Pool**
12.30 PM **MLB Highlights**
1.30 **Playing for Our Future**
1.45 **Test Cricket Highlights**
2.45 **LIVE Test Cricket** West Indies v Sri Lanka. Day three of the second and final Test in the series, held at Sir Vivian Richards Stadium in Antigua.
11.00 **TNT Sports Cricket Reload**
11.30 **UCI Mountain Bikes**
1.00 AM **UEFA Champions League**
1.30 **Tour de France Highlights**
2.30 **Wimbledon** Day seven highlights.
4.00 **WRC Review** Rally Greece.
5.00 **to 6.00** AM **MotoGP Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE FIM Endurance World Championship** Continued coverage of the 8 Hours of Suzuka from Japan.
12.00 NOON **Formula E Unplugged**
12.30 PM **British Superbikes**
1.00 **LIVE British Superbikes** Coverage from the second day of the fourth round of the season, which takes place at Snetterton.
6.00 **World Superbike Highlights**
7.00 **UCI Mountain Bike World Series** From La Thuile, Italy.
8.00 **Tour de France Highlights** Action from the second stage.
9.00 **AFL** Essendon Bombers v St Kilda Saints at Marvel Stadium.
10.30 **AFL** Port Adelaide Power v North Melbourne Kangaroos.
12.00 M'T **Sign Up – Into Football**
1.00 AM **Fishing: On the Bank**
2.00 **TNT Sports Reload**
2.30 **National Road Championship**
4.30 **to 6.00** AM **Premiership Women's Rugby**

Premier Sports 1

419 APP 528

6.00 AM **Swedish Speedway** Piraterna v Indianerna.
8.00 **FIM Sidecarcross Championship**
9.00 **Rugby Junior World Championships** Action from England U20 v USA U20.
11.00 **Rugby Junior World Championships** Action from South Africa U20 v Georgia U20.
1.00 PM **German Cup** Bayern Munich v VfB Stuttgart in the final.
3.00 **Coppa Italia** The final between Lazio v Inter Milan Stadio Olimpico.
5.00 **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
7.00 **Premier Sports Cup** The final between St. Mirren and Celtic.
9.00 **LaLiga** Action from Real Madrid v Atletico Madrid at the Bernabéu.
11.00 **Swedish Speedway**
1.00 AM **FIM Sidecarcross Championship**
2.00 **Mass Participation**
3.00 **Premier Sports Cup**
5.30 **to 6.00** AM **Temples of Sport**

Premier Sports 2

420 APP 529

6.00 AM **Argentine Primera**
8.00 **Temples of Sport**
8.30 **EUT20 Belgium** The T20 match between Antwerp and Brussels at Stars Arena in Hofstade.
12.15 PM **LIVE DTM Racing** Coverage from the second race at Norisring.
2.00 **Bike World** Magazine.
2.30 **Michelin Le Mans Cup**
3.00 **NASCAR O'Reilly Series**
6.00 **NASCAR Highlights**
7.00 **LIVE 3ICE World Cup** Coverage from day two of the ice hockey event, which takes place at the SSE Arena, Belfast.
10.00 **NHL: This is Hockey**
10.30 **GP Insights**
11.00 **Swedish Speedway**
1.00 AM **FIM Sidecarcross Championship** GP of Belgium.
2.00 **Mass Participation**
3.00 **Bike World**
3.30 **World Surf League**
4.30 **Top 14 Rugby Union**
5.30 **to 6.00** AM **World of FreeSports**

Sky Sports F1

407 407 507 424 444

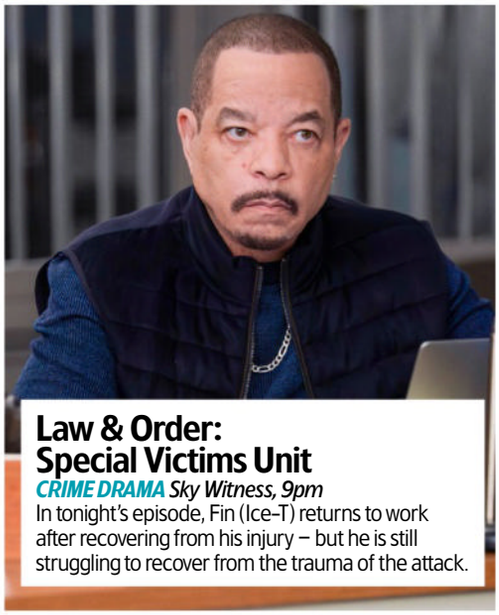
6.00 AM **Formula 1** Highlights.
8.20 **LIVE Formula 3** Coverage of the British Grand Prix feature race.
9.25 **F1 Academy** From Canada.
9.55 **LIVE F1 Academy** Coverage of race two of the British Grand Prix.
10.40 **Ted's Notebook**
11.10 **LIVE Formula 2** Coverage of the British Grand Prix feature race
12.30 PM **F1 Features**
1.30 **LIVE Formula 1** Coverage of the British Grand Prix. Start-time 3.00pm. *See feature, page 26.*
6.00 **F1 Features**
6.35 **Formula 1** British Grand Prix.
7.35 **Flying Lap: Silverstone**
7.40 **Formula 1** British Grand Prix.
9.55 **F1 Features**
10.30 **Indycar** The Honda Indy 200.
1.00 AM **Indy NXT** Highlights.
2.00 **F1 Academy Highlights**
2.45 **Formula 2** British Grand Prix.
4.05 **to 6.00** AM **F1 Features**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

6 July

Planner



Law & Order: Special Victims Unit

CRIME DRAMA Sky Witness, 9pm

In tonight's episode, Fin (Ice-T) returns to work after recovering from his injury – but he is still struggling to recover from the trauma of the attack.

Expert Witness

DOCUMENTARY BBC1,10.45am

It's no secret that viewers cannot get enough of true crime – and how better to avoid having nightmares than a daytime dose? Returning for a fifth series, each episode of *Expert Witness* covers two cases, with experts from fields including ballistics, toxicology and forensic science, talking about how their knowledge and insight helped solve complex cases. Continues all week.

House of the Dragon

FANTASY DRAMA

Sky Atlantic, 9pm

With Daemon demanding Lord Ormund (James Norton) bend the knee to Rhaenyra, will the Hightower stand up and fight for his cousin Alicent, or turn tail and flee from the wrath of the dragons?

Go Get Arty

CHILDREN'S

CBBC, 5.45pm

The Kwapong family and Bristles the paintbrush (voiced by Harry Hill) are back for another series, with celebrities including comedian James Acasters joining them to show off their artistic prowess. Continues all week.

Monday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: The concluding coverage on day eight						10.00 News; Local News	
	102 BBC2	7.00 Villages by the...	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 1066: Lucy Worsley Investigates		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Who Wants to Be a Millionaire?		8.30 Midsomer Murders				10.25 News
	104 CHANNEL 4	7.00 News		8.00 Dover 24/7: Britain's Busiest Port		9.00 24 Hours in A&E		10.00 999: On the Front Line	
	105 5	7.00 Tour de France		8.00 Police Interceptors		9.00 Lie with Me		10.00 World Cup: Uncensored with Piers...	
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Never Mind the Buzzcocks	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 EastEnders	8.00 Top Gear		9.00 The Beauty Queen and the Catfish			
	116 BBC4	7.00 University...	7.30 Only Connect	8.00 The Tea Trail with Simon Reeve		9.00 Andy Warhol's America		10.00 American Visions	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 G'wed
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Bill Bailey's Vietnam		10.00 Bill Bailey: Larks in Transit	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Law & Order: Special Victims Unit		10.00 Law & Order: Criminal Intent	
	108 SKY ATLANTIC	‹ 6.45 The Penguin				9.00 House of the Dragon			10.10 The Last of Us
	110 U&GOLD	‹ 6.40 Red Dwarf		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf: The Promised Land	
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
	120 ITV4	7.00 Formula E Highlights		8.00 The Motorbike Show		9.00 Film: The World's End			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 From		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Brokenwood Mysteries				10.00 New Tricks	
	109 U&ALIBI	7.00 Unforgettable		8.00 Death in Paradise		9.00 Return to Paradise		10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Shall We Dance?					
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 The Supervet: Noel Fitzpatrick			
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop		8.00 The Woodland Workshop		9.00 Maine Cabin Masters		10.00 Expedition X	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska Monsters		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Bear	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Plane Crash Recreated	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets in the Ice		9.00 Secrets Declassified with David...		10.00 The Proof Is Out There: Unexplained...	
	155 U&YESTERDAY	7.00 Frozen Planet II		8.00 Canal Boat Diaries		9.00 Fake or Fortune?		10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.00 Bobby Robson: More Than a Manager		8.00 Murder in the Valleys					

‹ Denotes programmes starting before 7.00pm † Regions vary

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MONDAY

Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **NEW SERIES** **Expert Witness** Return of the true crime series. A ballistics expert proves the shooting of a young woman was murder not manslaughter. (S)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **LIVE** **Wimbledon** Laura Robson presents further coverage of play on day eight from the All England Club, featuring men's and ladies' fourth-round singles matches. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **7.00pm EastEnders** (S)(AD) **7.30** **LIVE** **Football: World Cup** Coverage of the fifth round-of-16 match. Kick-off is at 8.00. (S) **10.30** **BBC News** (S) **11.00** **Local News** (S) **11.10** **FILM** **I Am Legend** (S) (2007, 15, 90min) ★★★★ **12.40am** **LIVE** **Football: World Cup** Coverage of the sixth round-of-16 match. Kick-off is at 1.00. (S) **3.40** **Weather for the Week Ahead** (S) **3.45-6.00am** **BBC News** (S)

7 PM

7.00 **LIVE** **Wimbledon** Laura Robson presents coverage of day eight of the third Grand Slam tournament of the year, held at the All England Club, featuring men's and ladies' fourth-round singles matches. Novak Djokovic was first up on Centre Court on the eighth day last year and he lost the first set heavily to Alex de Minaur, but recovered to claim a 1-6, 6-4, 6-4, 6-4 victory. It was the 16th time he had reached the quarter-finals here, a record only bettered by Roger Federer with 18. (S)
■ *Today at Wimbledon* is on BBC2 at 11.05pm

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM** **I Am Legend** Sci-fi thriller starring Will Smith and Alice Braga. A military scientist fears he is the last man on Earth after a deadly virus kills most of humanity and turns the survivors into vicious nocturnal predators. With Dash Mihok and Charlie Tahan. (S)(AD) (2007, 15, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** From Cheshire. (S)(R)(AD)
7.15 **Bargain Hunt** (S)(R)(AD)
8.00 **Sign Zone: The Repair Shop** Items include beer pumps and ceramic maquettes. (S)(R)(AD)
9.00 **BBC News** (S)
10.15 **Politics Live**
11.00 **LIVE** **Wimbledon** Isa Guha presents coverage of the opening play on day eight from the All England Club, featuring fourth-round matches. (S)
3.00 PM **LIVE** **Wimbledon** Clare Balding presents further fourth-round coverage of day eight. (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the BBC2 schedule will be: **7.00-10.00pm** **LIVE** **Wimbledon** The concluding coverage on day eight at the All England Club. (S)

10.00 Mortimer & Whitehouse

7.00 **Villages by the Sea** Archaeologist Ben Robinson visits Thorpeness, Suffolk. (S)(R)
7.30 **EastEnders** Honey attempts to clear Billy's name. (S)(AD)
■ This week's episodes will be subject to change
8.00 **Sort Your Life Out with Stacey Solomon** Stacey and the team bring the tranquillity of the countryside into a single mother-of-four's home in Wales, giving her a joyous fresh start. (S)(R)(AD)
9.00 **1066: Lucy Worsley Investigates** 3/4. The presenter examines the aftermath of the Battle of Hastings in 1066 and investigates what William the Conqueror did to bend England to his will. (S)(R)(AD)
10.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul fish for wild carp in Mid Wales. (S)(R)(AD)
10.30 **Newsnight** (S)
11.05 **Today at Wimbledon** Highlights of the eighth day's play at the All England Club, featuring fourth-round singles matches. (S)
12.05 AM **FILM** **Official Secrets** Fact-based drama starring Keira Knightley and Matt Smith. (S)(AD) (2019, 15, 105min) ★★★★
1.50 **Sign Zone: Countryfile** (S)(R)
2.45 **Sign Zone: Springwatch** (S)(R)
3.45 **Sign Zone: Natalie Cassidy: Caring Together** (S)(R)(AD)
4.15 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team of antiques dealers set up under the wings of Concorde at Aerospace Bristol. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Craig takes on the infamous Banker (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show today's World Cup matches, the schedule will be: **7.15pm** **LIVE** **Football: World Cup** Coverage of the fifth round-of-16 match from Dallas Stadium. Kick-off is at 8.00. (S) **10.35** **ITV News** (S) **11.05** **Local News** (S) **11.20** **TikTok: Murder Gone Viral** (S)(R)(AD) **12.15am** **LIVE** **Football: World Cup** Coverage of the sixth round-of-16 match from Seattle Stadium. Kick-off is at 1.00. (S) **3.35** **The Chase** (S)(R) **4.25-5.35am** **Unwind with ITV** (S)

7.30 **Who Wants to Be a Millionaire?** Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)(R)
8.30 **Midsomer Murders** *The Devil's Work:* When the heir to the Stourwick Estate announces that his tenure will be the Shirewell family's last, someone sets about ensuring his plans never come to fruition. Guest stars Peter Serafinowicz. (S)(R)(AD)
10.25 **ITV News** (S)
11.05 **Local News** (S)(R)
11.15 **TikTok: Murder Gone Viral** (S)(R)
12.10 AM **The Debrief with Dan and ROG** Action from the inaugural Nations Championship. (S)(R)
1.00 **Teleshopping**
3.00 **James Martin's French Adventure** (S)(SL)(R)(AD)
3.25 **The Chase** (S)(R)
4.15 **Unwind with ITV** (S)
5.35 **to 6.00** AM **Ainsley's Taste of the Bahamas** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 25-27/27. (S9) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S10&11) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** A couple embark on an adventure as they cruise down the Thames. (S)(R)(AD)
5.00 **Chateau DIY** Janet and Phillip are on the final push in their tower suite kitchen. (S)(R)(AD)
6.00 **Four in a Bed** The competition gets under way at The Three Horseshoes in Norfolk. (S)(R)
6.30 **Come Dine with Me** The first host of the week in Glasgow is project manager Lauren. (S)(R)

8.00 Dover 24/7

7.00 **News** (S)
8.00 **Dover 24/7: Britain's Busiest Port** New edition The port police launch an operation hunting for organised car theft gangs. A sewage leak threatens the ferry schedule, and a yacht disappears in treacherous seas. (S)(AD)
9.00 **24 Hours in A&E** New edition An 11-year-old boy is rushed in after being hit by a car and thrown 30ft. A 68-year-old man is struggling to breathe and another patient has broken his arm while playing rugby. (S)(AD)
10.00 **999: On the Front Line** A man has been making repeated calls claiming to be having a heart attack. He lives near the hospital and in the past has used an ambulance as a taxi to get him home. (S)(R)
11.05 **Super Surgeons: A Chance at Life** Documentary. (S)(R)(AD)
12.05 AM **Secrets of the Celebrity Sex Tapes** New edition 3/8. The story of the release of Kim Kardashian's sex tape. (S)(AD)
■ Entire series on C4 streaming
12.55 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
1.50 **The Dog House** (S)(R)(AD)
2.45 **A Cotswold Farmshop** (S)(SL)(R)
3.40 **Couples Come Dine with Me** (R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Need to Know:* 3/23. A former child star's death is investigated. (S)(R)
3.55 **Castle** *Number One Fan:* 4/23. The sleuth becomes convinced a woman has been framed for murder. (S6) (S)(R)
4.50 **Love Nature** (S)(R)
5.00 **News** (S)
6.00 **Shetland: Scotland's Wondrous Isles** Life on the tiny island of Noss with wardens Jen and Sally, who live a truly off-grid existence. (S)(R)
6.55 **News** (S)

7.00 **Tour de France** Highlights of stage three, a mountainous 195.9km route from Granollers in Spain to the ski resort of Les Angles in the French Pyrénées. (S)
7.55 **News** (S)

8.00 **Police Interceptors** Officers Richie and Harrison join the pursuit of a car that failed to stop and they are horrified to discover a 14-year-old at the wheel, in what turns out to be his mother's car. (S)(R)

9.00 **Lie with Me** 1/4. Thriller starring Charlie Brooks and Phoebe Roberts. A couple relocate to Australia and hire a nanny who is anything but the innocent stranger she pretends to be. (S1) (S)(R)(AD)

10.00 **World Cup: Uncensored with Piers Morgan** New edition The host is joined by Simon Jordan and guests including former England captain John Terry to discuss news and events from the tournament. (S)

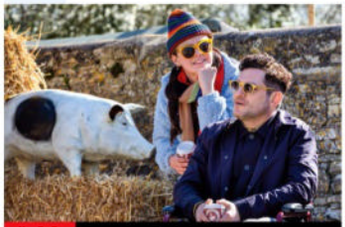
11.05 **Police: Night Shift 999** Police try to stop a suspected stolen car on the M5. (S)(R)
12.05 AM **Traffic Cops** (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **Build Your Dream Home in the Country** Double bill. (S)(R)
3.45 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **The Flash** 10/13. (S9) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Planet Shark** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **The Simpsons** *Homer and Ned's Hail Mary Pass:* Homer choreographs the Super Bowl half-time show. (S)(R)
5.30 *She Used to Be My Girl:* Marge bumps into an old school friend. (S)(R)
6.00 **The Office (US)** 15/22. Michael decides to host a seminar. (S)(R)
6.30 *Valentine's Day:* 16/22. The team plan festivities for Valentine's Day. (S2) (S)(R)



7.00 **The Simpsons** *Pranksta Rap:* Bart fakes his own kidnapping. With the guest voice of 50 Cent. (S)(R)
7.30 *There's Something About Marrying:* Mayor Quimby legalises same-sex marriage in Springfield. (S)(R)

8.00 **Agatha Raisin** *As the Pig Turns:* 4/4. To take her mind off her break-up, Agatha and the gang visit a fayre, but it is not long before the innocuous event becomes a crime scene. Stars Ashley Jensen. (S3) (S)(R)(AD)

10.00 **Never Mind the Buzzcocks** Greg Davies hosts, with guests James Bay, Roisin Conaty and ArrDee joining the regulars. (S)(R)(AD)
10.45 With guests Joy Crookes, Serge Pizzorno and Tom Davis. (S)(R)(AD)

11.30 **Grimm** 6/22. Nick and Hank investigate a wave of coordinated Wesen gang vandalism that results in the death of a local business owner. (S5) (S)(R)
12.30 AM **The Force: North East** Crime documentary. (S)(R)
1.30 **Road Wars** (S)(R)
2.00 **Best Medicine** New episode 6/13. Martin treats a man who has turned blue. (S1) (S)
3.00 **Hawaii Five-0** (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Saolta's Gaolta (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn (AD) **12.30** LIVE Seiclo: Tour de France **4.20** Anifeiliaid Bach y Byd **4.30** Crawc a'i Ffrindiau **4.40** Dal Dy Ddannedd **5.00** Stwnsh **6.00** Codi Hwyl (AD) **6.30** Rownd a Rownd (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.33** Y Tywydd **9.35** Seiclo: Tour de France **10.05** Ar Brawf (AD) **11.05-11.40pm** Ffasiwn Drefn (AD)

TV&Streaming week
New issue on sale tomorrow

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall encounters a saltwater crocodile in Australia.
7.30 **EastEnders** Honey tries to clear Billy's name, and Kim continues to avoid Denise.
8.00 **Top Gear** The presenters tackle the traffic chaos snowy weather causes in Britain.
9.00 **The Beauty Queen and the Catfish** 1/3. The case of a nurse who targeted, harassed, exploited and stalked hundreds of women. **9.45** 2/3. Abbie Draper takes her findings to the police, but they are unable to do anything about it. **10.30** 3/3. Questions turn to what drove the perpetrator to become one of the UK's prolific catfish.
11.15 **Teen Predator/Online Killer** 1-3/3. Triple bill.
12.45 AM **Liar: The Fake Grooming Scandal**
1.45 **Disclosure: Should I Delete Instagram?**
2.05 **World Cup 2022**
2.15 **to 3.55** AM **Rooney**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Gloucestershire.
3.20 **Four in a Bed** Five editions.
5.50 **Ugly House to Lovely House with George Clarke** Architect Carl Turner helps an East Sussex couple redesign their bungalow. He suggests a radical revamp to be done in stages – but with a baby on the way, the pair need space now.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help house-hunters in south London.
7.55 **Grand Designs** Kevin McCloud follows the progress of an ambitious seaside home on the Isle of Wight.
9.00 **Bill Bailey's Vietnam** 2/6. Bill travels down the Indochina peninsula. Arriving in Ho Chi Minh City, Bill finds himself caught between wartime tunnels, endless traffic, and the music genres of metal and folk.
10.00 **Bill Bailey: Larks in Transit** A stand-up performance at the Royal Opera House in London.
11.15 **24 Hours in A&E**
1.20 AM **999: On the Front Line** Documentary.
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **The Perfect Pitch**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **University Challenge** Jeremy Paxman hosts the Grand Final of the quiz.
7.30 **Only Connect** The Strategists v The Hitchhikers in the second semi-final.
8.00 **The Tea Trail with Simon Reeve** The adventurer examines the tea industry in eastern Africa, meeting some of the of people involved in picking, packing and transporting it to the UK.
9.00 **Andy Warhol's America** A look at the artist's response to the Civil Rights movement and the assassination of John F Kennedy.
10.00 **American Visions** Robert Hughes examines the revolutionary styles of the 1950s and 1960s.
11.00 **Imagine: Jacob Collier – In the Room Where It Happens** Documentary.
12.10 AM **Stolen: Catching the Art Thieves** Documentary.
1.10 **Andy Warhol's America**
2.10 **to 3.25** AM **Imagine: Jacob Collier – In the Room Where It Happens**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Portsmouth and the Isle of Wight.
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks**
7.00 **Hollyoaks** Ste agrees to take part in Leah's podcast.
7.30 **The Simpsons** *Opposites A-frack:* Mr Burns launches a fracking operation.
8.00 **Below Deck** New edition The crew embark on a charter with porn stars, and some of the gang are more excited about it than others.
9.00 **Gogglebox** Opinions on *Line of Duty, I Can See Your Voice* and *Naked Attraction*.
10.00 **Gogglebox** Appraisals of *Game of Talents, Paranormal Activity* and *Four in a Bed*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.10 **Gogglebox**
2.15 **Below Deck**
3.05 **Abbott Elementary**
3.35 **The Simpsons**
4.00 **Brooklyn Nine-Nine**
4.55 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 | 306 | 30 | 123 | 256

Monday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Chicago Fire** 22/22. (S13)
12.00 NOON **FBI** (S7&8)
2.00 PM **The Rookie** 5/22. A new designer drug that turns users into 'zombies' hits the streets of LA. (S4)
3.00 **Law & Order: Criminal Intent** 14/22. Logan and Wheeler hunt an unlikely assassin. (S7)
4.00 **Nothing to Declare**

9.00 Law & Order: SVU

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 The Rookie *Redwood:* 11/20. An unscheduled visit from the vice president throws the station into a frenzy. (S1)

9 PM
9.00 Law & Order: Special Victims Unit New episode *False Idols:* 7/21. Fin has a challenging day at work. (S27)

10 PM
10.00 Law & Order: Criminal Intent *Phantom:* 16/22. An ex-convict is killed after attempting to kidnap a UN economist. (S1)
11.00 The Rookie 2/22. Nolan and Chen's run-in with a thief tips them off to a heist. (S4)
12.00 M'T **FBI** 20&21/22. (S7)
2.00 AM **FBI: International** (S2)
3.00 **Road Wars**
4.00 **UK Border Force**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Deadwood** 5&6/12. (S1)
10.00 **Homicide: Life on the Street**
12.00 NOON **House of the Dragon**
1.10 PM **Django** 9&10/10. (S1)
3.30 **House of the Dragon** (S2)
4.35 **Gomorrah** 5/12. Genny looks to get back on his feet. **5.40** 6/12. Genny finds himself back in a strong position. Subtitled. (S3)
6.45 **The Penguin** 3/8. Victor is torn between his new life and his old one. (S1)

9.00 House of the Dragon

7.55 The Penguin *Cent'anni:* 4/8. Sofia makes plans for a more hopeful future as she confronts the events that turned her into the Hangman. (S1)

9.00 House of the Dragon New episode 3/8. *Game of Thrones* prequel starring Matt Smith. *See feature, page 8.* (S3)

10.10 The Last of Us *Long, Long Time:* 3/9. When a stranger approaches his compound, Bill forges an unlikely connection. (S1)
11.35 Task 4&5/7. Double bill. (S1)
2.00 AM **NEW SERIES Faithless** 1/6. Swedish drama with Gustav Lindh and Frida Gustavsson.
3.00 New episode 2/6. David visits Marianne in a psychiatric ward. Subtitled. (S1)
4.00 to 6.00 AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.25 **Celebrity Homes**
9.30 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.15 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** Reality series.
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

10.35 G'wed

7.00 The Floor USA New edition Rob Lowe hosts the quiz show as the final 16 players enter the home stretch.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 Love Island New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.05 Love Island: The Debrief New edition Daily *Love Island* reactions.
10.35 G'wed New episode *The Last Dance:* 5/7. An old ballroom rivalry grips Allsbrooke School. (S3)
11.10 Family Guy (S4&3)
12.15 AM **American Dad!** (S4&3)
1.10 Bob's Burgers (S13)
2.05 Plebs 6/6. (S1)
2.30 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Harvest of Souls:* The owner of an equestrian centre is trampled by his horse.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Wise Guys:* Ventress becomes obsessed with protecting a widow's home from a gang of louts.

8.00 Midsomer Murders

6.55 Heartbeat *The Son-in-Law:* A travelling musician spreads disharmony in Aidensfield. Guest stars Gary Barlow.

8.00 Midsomer Murders *The Fisher King:* Womanising landowner Gareth Heldman is stabbed to death with a Celtic spear, bringing back memories of a tragic archaeological dig at the ancient mound of Midsomer Barrow.

10.00 Law & Order: UK *Tremors:* 2/6. Part two of two. Sam is suspended from duty and spends time with his son. (S7)
11.00 Law & Order: UK 3/6. A man is found shot dead in a hotel room and detectives discover he owed thousands of pounds in unpaid child support. (S7)
11.50 Trial & Retribution
2.00 to 2.30 AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.25 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.40 **Boon**
4.50 **The Champions** *Twelve Hours:* Richard and Sharron take on bodyguard duties for a foreign leader and his wife.
5.55 **Minder** *Bury My Half at Waltham Green:* Terry looks after an ex-convict.

9.00 The World's End

7.00 Formula E Highlights Action from the Shanghai E-Prix, the 12th and 13th races of the campaign.

8.00 The Motorbike Show 2/2. Motorcycling enthusiast Henry Cole gets an experience of the Wall of Death.

9.00 FILM The World's End Edgar Wright's sci-fi action comedy starring Simon Pegg and Nick Frost. An epic pub crawl takes a very bizarre turn for five old friends. (2013, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Star Trek: Strange New Worlds New episode 4/10. The ship comes under attack. (S1)
12.15 AM **Lost** 4/24. (S2)
1.05 **Motorsport UK**
2.00 **BattleBots**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Beechgrove Garden**
3.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Great Food Guys**
8.00 **The River** 5/6. Farrier David Merry tends to all of the horses at the Jedburgh common ride. **8.30** 6/6. The Floors Stud team prepare for the Tattersalls auctions at Newmarket.
9.00 **Interior Design Masters with Alan Carr** 1/8. A fresh group of designers transform beach huts in Dorset.
10.00 **River City** New episode DCI Douglas is stunned to receive new evidence.
10.30 **Two Doors Down** (S5)
11.00 **The Chief** 4/4. (S1)
11.30 **to 12.00** M'T **Janey and Ashley Get a Real Job**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 1&2/10. (S2)
10.00 **I Love LA** 3&4/8. (S1)
11.15 **Will & Grace** (S5)
12.15 PM **Avenue 5** (S1)
1.30 **I Love LA** 3&4/8. (S1)
2.45 **Will & Grace** (S4)
3.45 **Hacks** 1&2/10. (S1)
5.00 **Community** (S4)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** (S2)
8.00 **Breeders** 1&2/10. (S2)
9.00 **Bill Maher: Is Anyone Else Seeing This?**
10.15 **The Office Movers** New episode 7/8. The holiday season arrives with gifts galore. **10.50** Series finale 8/8. Despite a warning from the Senior Judge, Judge Tyco prepares to hear the case of Scott v Prince. (S2)
11.30 **Hacks** 1&2/10. (S1)
12.50 AM **Breeders** (S2)
1.50 **Community** (S4)
2.50 **Avenue 5** 5&6/9. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Jesus Christ Superstar: In Concert**
7.50 **Watercolour Challenge**
8.50 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies: The Story of Flash Gordon** Documentary.
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Guy Garvey: From the Vaults** Clips from 1987
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Shall We Dance?** In Maastricht.
11.00 **Nicola Benedetti & Friends** From Ulster Hall.
12.30 AM **Jamie Cullum Live at Blenheim Palace**
3.00 **Bagpipes: A Celebration**
4.00 **A Play in a Day**
5.00 **to 6.00** AM **Classic Movies: The Story of Flash Gordon**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 2/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: The Next Generation** *Brothers:* 3/26. Data's reunion with his creator is disrupted. (S4)
8.00 **Agatha Christie's Pale Horse** Mystery.
10.00 **FBI: Most Wanted** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S4)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Catchphrase** With guests James Acaster, JB Gill and AJ Odudu.
2.00 **Tenable** Quiz show.
3.00 **The Celebrity Chase** A celebrity edition of the quiz show hosted by Bradley Walsh.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Beat the Chasers** Bradley Walsh hosts the quiz as more hopefuls take on the Chasers.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous**
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Our Farm Next Door: Amanda, Clive and Kids** Amanda takes the girls go on a camping trip under the stars.
8.00 **George Clarke's Remarkable Renovations** A couple turning an electrical substation in Cornwall into a unique home.
9.00 **Grand Designs**
10.00 **8 Out of 10 Cats Does Countdown**
11.05 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.05 **24 Hours in Police Custody** Documentary.
2.10 **The Accused: Beyond Reasonable Doubt?**
3.10 **Night Coppers**
4.05 **to 5.00** AM **Naked Attraction**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 1&2/13. (S1)
4.00 **Stargate SG-1** 1/22. (S7)
5.00 **Star Trek: Voyager** 21/26. A runaway toxic waste freighter threatens to pollute the quadrant. (S5)
6.00 **Star Trek: Enterprise** 18/26. T'Pol's mind-control powers are needed when an alien race takes over the ship. (S2)

9.00 From

7.00 **Stargate Atlantis** *Sateda:* 4/20. The team launch a rescue mission when Ronon is captured by the Wraith. (S3)

8.00 **Stargate SG-1** *Fallen:* 1/22. Part one of two. Dr Daniel Jackson helps the team trap the Goa'uld system lord Anubis. (S7)

9.00 **From** *The Arrival:* 1/10. A new arrival throws the town into chaos, and Boyd grapples with Smiley's return. (S4)

10.00 **Grimm** *Headache:* 21/22. As Hank and Nick edge closer to identifying the serial killer, Wu's life is placed in jeopardy. (S4)
11.00 **The Walking Dead** 5/16. Panic sets in among the citizens of Alexandria as a walker herd descends on the town's walls. (S6)
12.00 M'T **Warehouse 13** 1&2/13. Double bill. (S1)
2.00 AM **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S4)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** As 4.00pm.
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S4)
4.00 **The Mentalist** 16/24. The team confront an old adversary. (S4)
5.00 **Hudson & Rex** 9/20. Sarah's testimony is challenged by a former rival in court. (S5)
6.00 **Father Brown** *The Last Man:* Kembleford's new cricket captain is framed for murder.

5.00 Hudson & Rex

7.00 **Unforgettable** *Admissions:* 9/13. An elite prep school comes under Carrie and Al's scrutiny. (S3)

8.00 **Death in Paradise** *Switcharoo:* 5/8. New DI Neville Parker is called in when a woman is found dead in a bathtub. (S9)

9.00 **Return to Paradise** *Oh Mine Papa:* 6/6. Mackenzie suspects an apparent suicide may in fact be a murder. (S1)

10.00 **Father Brown** *Wisdom of the Fool:* Murder proves to be no laughing matter when the priest visits a jesters' convention.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Death in Paradise** (S9)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** 6/13. A painting may hold clues to a crime in progress. (S4)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
8.40 **The Green Green Grass**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.20 **Red Dwarf**
12.40 PM **Dad's Army**
1.20 **Keeping Up Appearances**
2.00 **Open All Hours**
2.40 **The Green Green Grass**
3.20 **Are You Being Served?**
4.00 **dinnerladies**
4.40 **Keeping Up Appearances**
5.20 **Last of the Summer Wine**
6.40 **Red Dwarf**

9.20 Not Going Out

7.20 **Red Dwarf** Lister and the Cat are horrified when Rimmer duplicates himself and the identically petty pair move in together.

8.00 **Keeping Up Appearances** Hyacinth is thrilled to be invited on a golfing weekend.
8.40 **Dad's Army** The platoon are selected to appear in an army training film.
9.20 **Not Going Out** Lee and his father attend relationship counselling.

10.00 **Red Dwarf: The Promised Land** Feature-length special. Lister helps three cat clerics who worship him.
12.00 M'T **Men Behaving Badly** Gary is pleased to be stuck in a lift with Deborah.
12.35 AM **Mrs Brown's Boys**
1.15 **Not Going Out** As 9.20pm.
1.55 **Men Behaving Badly**
2.20 **Mrs Brown's Boys**
2.50 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Gadget Man** Double bill.
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Secret France**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **The Americas with Simon Reeve** Southern Mexico.
4.00 **The Hairy Bikers' Bakeation**
5.00 **Rick Stein's Secret France** The seafood chef explores Burgundy and the Auvergne.
6.00 Rick visits Perigord, which is famous for duck dishes.

7.00 Mortimer & Whitehouse

7.00 **Mortimer & Whitehouse: Gone Fishing** From the River Exe in Devon.
7.40 **Would I Lie to You?** With guests Alex Jones, Su Pollard, Rav Wilding and Chris McCausland.
8.20 With Frankie Boyle, Mo Gilligan, Abby Cook and Lucy Beaumont.

9.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts, with comedian Ria Lina and journalist Matt Chorley.

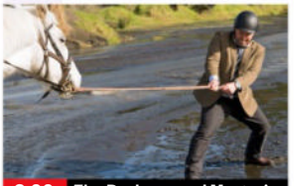
10.00 **QI XL** Gyles Brandreth, Kiri Pritchard-McLean and Judi Love join regular panellist Alan Davies and host Sandi Toksvig.
11.00 **8 Out of 10 Cats** With Gemma Collins, Jordan Stephens, Fin Taylor and Harriet Kemsley.
12.00 M'T **Mock the Week** With Ed Byrne and Josh Widdicombe.
12.35 AM **Would I Lie to You?**
1.55 **QI XL** With Kemah Bob.
3.00 **to 4.00** AM **8 Out of 10 Cats**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.30 **Doctors**
9.50 **Classic Holby City**
11.05 **Casualty**
12.05 PM **The Bill**
1.05 **Classic EastEnders**
2.20 **Tenko**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Barry and Glenda get a shock.
6.40 Nora Batty relates the story of her long-standing feud with Audrey Craig.



8.00 The Brokenwood Mysteries

7.20 **Last of the Summer Wine** Billy and Alvin discover Truly's ex-wife is trying to track him down.

8.00 **The Brokenwood Mysteries** *Black Widower:* 1/4. A woman is found dead in a *Lord of the Rings*-themed tourist attraction, and seems to have been killed by an impossibly powerful dose of spider venom. (S3)

10.00 **New Tricks** *Last Man Standing – Part One:* The team are called in after the discovery of the body of a police officer that has lain untouched under a basement for 30 years.
11.00 **Silent Witness** *Commodity:* The team examine a young woman's disfigured body.
1.15 AM **Lovejoy**
2.20 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 13-15/16. (S18)
12.00 NOON **Law & Order**
6.05 PM **NCIS** *Fight or Flight:* 12/21. A case leads the team into the world of cage fighting.
7.00 *The Helpers:* 13/21. Jimmy and Kasie are exposed to a deadly bio-toxin.
8.00 *First Steps:* 14/21. Vance's daughter assists the team in a highly dangerous mission. (S19)
9.00 **NCIS: Hawaii** New episode *Serve and Protect:* 5/10. NCIS are tasked to protect the daughter of a Russian oligarch carrying a deadly secret, and Sam asks Tennant for a favour. (S3)
10.00 **Law & Order: Special Victims Unit**
1.50 AM **Blue Bloods** (S11)
2.45 **Bull** 19/20. (S4)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A 30-year-old is admitted after being involved a serious motorbike collision.
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Traffic Cops**
10.05 **Police Interceptors**
11.05 **Gunsmoke** (S12)
12.10 PM **FILM Ride the High Country** Western. (1961, PG, 93min) ★★★★
2.05 **FILM The Fastest Gun Alive** Western. (1956, b/w, U, 85min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A rookie police dog chases a burglar.
7.00 An officer has a close shave.
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Highway Thru Hell**
11.00 **The X-Files** 13/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
3.00 **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build** Building a centre for a Children in Need-funded charity in south Wales.
7.00 The team build an adventure campsite in East Yorkshire.
8.00 **999 Rescue Squad**
9.00 **The Supervet: Noel Fitzpatrick** Noel treats a puppy with a badly-deformed back leg.
10.00 Noel helps a puppy that has a severely dislocated hip.
11.00 **Antiques Road Trip**
1.00 AM **Ambulance Australia** Documentary.
1.50 **to 3.00** AM **Dangerous Breed: Crime. Cons. Cats**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **The World at War**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **The World at War**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Frozen Planet II** David Attenborough explores frozen regions around the world.
8.00 **Canal Boat Diaries** Robbie Cumming navigates the wintery Grand Union Canal while preparing for Christmas.
9.00 **Fake or Fortune?** The fast-growing market for rock music memorabilia.
10.00 **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Barcelona.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** A retired couple asks Angus Ashworth to sell their toy collection.
8.00 **Antiques Road Trip** Christina Trevanion and Paul Laidlaw travel through Shropshire and Worcestershire.
9.00 **The Yorkshire Auction House** Double bill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

MONDAY Entertainment

Monday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S3)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 16&17/22. (S9)
1.00 PM **The Waltons** (S3)
4.00 **Little House on the Prairie** 15&18/22. (S9)
6.00 **Ballykissangel** (S6)
7.00 **M*A*S*H** 6/25. Winchester tries to pull strings with his influential parents to get himself a ticket home. **7.30** 7/25. BJ receives a mystery novel with the last page missing.. **8.00** 8/25. Hawkeye falls in love with a South Korean woman. **8.30** 9/25. Charles devises a get-rich-quick scheme. (S6)
9.35 **M*A*S*H** (S6)
1.25 AM **Rising Damp** (S3)
1.55 **Man About the House**
2.25 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **FILM Four Fast Guns** Western. (1960, b/w, U, 72min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **FILM Frontier Marshal** Western. (1939, U, 71min) ★★
3.30 **FILM The Virginian** Western. (2014, 12) ★★
5.30 **FILM No Man's Land** Adventure. (2020, 12, 114min) ★★★
7.50 **FILM Redemption Day** Action thriller. (2021, 15, 99min) ★★
10.00 **FILM Predators** Sci-fi action adventure sequel. (2010, 15, 102min) ★★★
12.20 AM **FILM Asteroid: Final Impact** Thriller. (2015, PG, 86min) ★
2.10 **Dragon Ball Super**
3.10 **Coast Guard Alaska**
4.00 **FILM Super Eruption** Thriller. (2011, 15) ★★
5.25 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **FILM Garage Sale Mysteries: Murder By Text** Crime drama starring Lori Loughlin. (2017, PG, 90min) ★★
10.05 **FILM An Emma Fielding Mystery: Site Unseen** Drama starring Courtney Thorne-Smith. (2017, PG, 90min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S2)
2.00 **Castle** 18/24. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** *Law and Murder:* 19/24. A juror in a murder trial dies in the courtroom. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** (S2)
10.00 **Hailey Dean Mysteries**
1.45 AM **FILM Treacherous** Thriller with Emily Rose. (2018, 12, 95min) ★★
3.20 **to 5.00** AM **FILM Her Son's Secret** Thriller. (2018, PG, 87min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.15 AM **FILM Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
10.15 **FILM Love on the Rise** Drama. (2020, U) ★★
12.05 PM **FILM Diagnosis Delicious** Drama. (2016, PG, 90min) ★★
2.00 **FILM Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
3.55 **FILM Romance in Hawaii** Comedy. (2023, U, 89min) ★★
5.45 **FILM Love, Romance and Chocolate** Drama. (2019, U, 84min) ★★
7.40 **FILM One Perfect Match** Comedy. (2023, PG, 87min) ★★
9.40 **FILM Home for Harvest** Romantic drama. (2019, PG, 90min) ★★
11.45 **FILM Sunrise in Heaven** Drama. (2019, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love's Greek to Me** (2023)

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Love Your Home and Garden**
2.00 **Country House Auction**
3.00 **New Home DIY**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Love Your Garden**
7.00 **LumoTV: Being Marcus**
7.30 **New Home DIY**
8.00 **Garden Rescue** A couple from Greater Manchester need help transforming their garden into space fit for a music festival.
9.00 **Yorkshire by the Sea**
10.00 **LumoTV: Being Marcus**
10.30 **Queer Lives Today**
11.00 **FILM Girls Come First** Comedy. (1975, 18) ★★
12.00 M'T **FILM Adventures of a Plumber's Mate** Comedy. (1978, 18) ★
2.00 AM **This Farming Life**
3.15 **Robson Green's Weekend Escapes**
4.00 **to 5.00** AM **New Home DIY**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor at Large**
10.30 **Two's Company** (S4)
11.00 **The Fenn Street Gang**
11.30 **The Dustbinmen** (S3)
12.00 NOON **Randall and Hopkirk (Deceased)**
1.00 PM **Hallelujah** (S2)
1.30 **The Gaffer** (S2)
2.00 **Second Thoughts** (S1)
2.30 **The Fenn Street Gang**
3.00 **Hank the Cowboy**
3.15 **We Had One of Those**
3.25 **Boon** 7/13. (S4)
4.30 **Further Out of Town**
5.00 **Stereo Underground**
6.00 **The Gaffer** (S2)
6.30 **Only When I Laugh**
7.00 **Two's Company** (S4)
7.30 **Doctor at Large**
8.00 **Randall and Hopkirk...**
9.00 **Drop the Dead Donkey**
10.00 **FILM On the Game** Comedy. (1974, 18) ★★
11.40 **Primitive London**
1.25 AM **Stereo Underground**
2.25 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The Bering Sea threatens to claim Sig and Wild Bill's gear. **8.00** As ice blocks Saint Paul Harbour, the captains race to deliver their final snow crab.
9.00 **Dr Jeff: Rocky Mountain Vet** Rocky, a young pitbull, fights for his life after being bitten by a rattlesnake.
10.00 **The Zoo**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **The Hairy Bikers' Mediterranean Adventure** From Italy.
7.00 **The Hairy Bikers' Comfort Food**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin: Delicious** Four editions.
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **James Martin's Spanish Adventure** James visits a food market in Seville. **10.00** James explores the city of Cadiz with fellow chef Jose Pizarro.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 9/28. (S1)
9.00 **T.J. Hooker** 4/19. (S5)
10.00 **Babylon 5** 20/23. (S1)
11.00 **FILM The Return of the Man from U.N.C.L.E** Spy thriller spoof. (1983, PG, 93min) ★★★
1.00 PM **FILM Santa Fe Passage** Western. (1955, U, 91min) ★★★
3.00 **FILM Cowboy** Western. (1958, PG, 90min) ★★★
5.00 **Star Trek** 11/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 21/23. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM 3.10 to Yuma** Western remake. (2007, 15, 122min) ★★★★
11.30 **FILM The Last Son** Western adventure. (2021, 15, 96min) ★★
1.35 AM **FILM Braven** Thriller. (2018, 15, 94min) ★★★
3.20 **to 5.00** AM **FILM The Legend of the 7 Golden Vampires** Horror. (1974, 15) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **FILM 500 MPH Storm** Disaster movie. (2013, PG, 86min) ★★
11.00 **Andromeda** 12/22. (S3)
12.00 NOON **FILM Coast of Skeletons** Action adventure sequel. (1964, U, 90min) ★★
2.00 PM **The Gambler: The Adventure Continues**
4.00 **Walker, Texas Ranger**
5.00 **FILM The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
7.00 **Andromeda** 13/22. (S3)
8.00 **The A-Team** 8/23. (S2)
9.00 **FILM Centurion** Gory historical thriller. (2009, 15, 91min) ★★★
11.00 **FILM Under Suspicion** Crime thriller. (2000, 15, 111min) ★★
1.15 AM **FILM Centurion**
3.15 **FILM The Fabulous Journey to the Centre of the Earth** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Stoke.
6.45 **Pawn Stars**
7.30 **Full Custom Garage**
8.25 **Junk & Disorderly**
9.20 **Storage Hunters**
1.05 PM **Pawn Stars**
2.05 **Junk & Disorderly**
3.05 **Full Custom Garage**
4.05 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Storage Wars Canada**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **History's Greatest Mysteries** Double bill.
11.00 **Mysteries Unearthed with Danny Trejo**
12.00 M'T **Discovered by Disaster** Exploring a Bronze Age village and a 19th-century grave.
1.00 AM **Alien Files: Unsealed**
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn: Behind the Deal**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Exmoor.
12.00 NOON **All Creatures Great and Small** (S1)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **America in Colour: The 1960s** The Beatles.
6.00 **The Secret Life of Trees**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Nick Knowles in South America**
10.00 **PD James: An Unsuitable Job for a Woman** *A Last Embrace – Part One:* Cordelia Gray acts as bait in a case of suspected sexual harassment.
11.05 **Prisoner: Cell Block H**
1.10 AM **Dogs Behaving (Very) Badly**
2.10 **Into Death Valley with Nick Knowles**
3.10 **to 4.00** AM **America in Colour: The 1960s**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **The Chase: I'm a Celebrity Special**
3.00 **The Chase** Quiz show.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Quiz show..
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Stars of *Emmerdale* take part.
11.00 **Bullseye** Double bill.
12.00 M'T **Who Wants to Be a Millionaire? Olympic Special** Quiz show.
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **Unacceptable** Richard Ayoade, Ed Gamble and Joanne McNally defend outrageous opinions.
10.00 **FILM No Strings Attached** Romantic comedy starring Natalie Portman and Ashton Kutcher. A young man and a woman agree to have a sex-only relationship, but his feelings for her get in the way of their deal. (2011, 15, 108min) ★★
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S3)
9.00 **Everybody Loves Raymond** (S9)
11.00 **The Upper Hand** (S1)
1.00 PM **Friends** (S2&3)
8.00 **Friends** 7/25. Monica buys a bed from Janice's husband. **8.30** 8/25. Phoebe convinces herself she is a walking jinx. (S3)
9.00 **Stupid Central** New editions Featuring work-outs gone wrong. **9.30** Including the top five worst-ever dancers.
10.00 **Mr Bean** Double bill.
11.00 **Utopia** New episode
11.35 **Whose Line Is It Anyway? USA**
12.35 AM **Most Ridiculous**
1.35 **South Park**
2.30 **Alan Carr Live: Spexy Beast** Stand-up show.
3.20 **Dara O Briain Talks Funny: Live in London**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S9)
6.50 **Modern Horror Stories**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S1)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S9)
7.00 **Michael McIntyre's Big Show** With Ellie Goulding, Olly Murs and the cast of the West End musical *School of Rock.*
8.00 **The Upper Hand** (S1)
9.00 **Friends** (S3&2)
2.00 AM **Michael McIntyre's Big Show** As 7.00pm.
3.00 **Most Ridiculous**
3.45 **New Girl** 6-9/22. (S5)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.20 **Bread** 8/14. (S5)
10.55 **Steptoe and Son** (S6)
11.35 **Oh, Doctor Beeching!**
12.10 PM **Rising Damp Xmas 1975** 8/8. Sitcom. (S2)
12.40 **Man About the House**
1.10 **Goodnight Sweetheart**
1.50 **When the Boat Comes In** 1/15. Drama. (S3)
2.50 **Minder** 9/13. (S2)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 8/14. (S5)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.05 **Rising Damp** 7/8. (S2)
6.40 **Steptoe and Son** (S7)
7.15 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 2/13. (S9)
9.00 **Benidorm** 3/7. (S4)
9.55 **Shameless** 5/8. (S3)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 3/7. (S4)
1.00 **Minder** 11/13. (S2)
2.00 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Catfish UK**
8.00 **Judge Judy**
8.30 **MTV Cribs**
9.00 **Skin A&E** Dr Toby Nelson checks a patient's back and finds a pre-cancerous mole.
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Lolo settle an old dispute in 'cats vs dogs'.
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

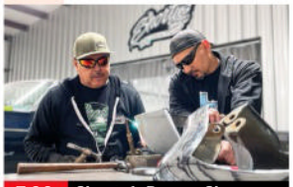
★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Filthy Fortunes**
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made: Dream Cars** The Zenvo ST1's body-work. **3.30** The McLaren 650S. **4.00** The Falcon F7 supercar. **4.30** The Lotus Evora.
5.00 **Alaska: Homestead Rescue** The Raneys must move an entire cabin into the flood zone. **6.00** The Raneys create a self-automated homestead.



7.00 Shorty's Dream Shop

7.00 **Shorty's Dream Shop** A 1966 Chevy Impala convertible gets a full makeover from Shorty and the crew.

8.00 **The Woodland Workshop** Ceramicist Rich creates a superhero-themed coffee table for a cancer charity founder.

9.00 **Maine Cabin Masters** Chase Morrill and his team attempt to save a rundown camp from falling into Kimball Pond.

10.00 **Expedition X** Phil Torres and Heather Amaro head to Arkansas to solve the mystery of a legendary swamp monster.

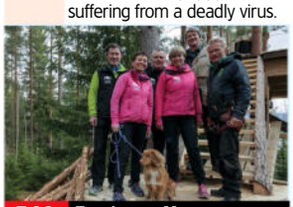
11.00 **Expedition X** Phil and Heather head to Norway to investigate strange lights.
12.00 M'T **Caught!**
1.00 AM **Maine Cabin Masters**
2.00 **Expedition X**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat threatens a woman's livelihood. **4.00** A cat that is disrupting two women's friendship.
5.00 **Lone Star Law** Herchman finds a woman sleeping in her car.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a puppy that is suffering from a deadly virus.



7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete Nelson travels to Norway to take on his first international build.

8.00 **Alaska Monsters** Todd devises a trap for a huge feline that has been reported in the town of Paxson.

9.00 **Alaska: The Last Frontier** Eivin and Eve take their kids crabbing, while Atz Lee and Jane prepare Shane's cabin.

10.00 **Alaskan Bush People: Book of Bear** An in-depth interview with Bear, the 'most extreme' of the Brown brothers.

11.00 **The Haunted** The alleged spirit of a man terrorising dogs.
12.00 M'T **Crikey! It's the Irwins** Robert solo feeds the zoo's most notorious crocodile.
1.00 AM **Intruders**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Mega Marine Machines**
11.00 **Car S.O.S**
12.00 NOON **Seconds from Disaster** The story of the Boxing Day 2004 tsunami.
1.00 PM **Air Crash Investigation**
2.00 **Nazi Megastructures**
4.00 **Strangest Things**
5.00 **World's Biggest Battleship: Drain the Oceans**
6.00 **World War II: Secrets from Above** Extraordinary events of World War Two from a unique perspective.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** Investigators search for a plane that disappeared above the Java Sea with 162 passengers on board.

8.00 **Air Crash Investigation** The crash of Scandinavian Airlines Flight 751 in 1991, when ice caused both engines to fail.

9.00 **Air Crash Investigation** Reconstructing the forced landing at sea of a plane flying from Italy to Tunisia in 2005.

10.00 **Plane Crash Recreated** The 2009 case of Turkish Airlines Flight 1951 that crashed one mile out of Amsterdam.

11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Car S.O.S** A Toyota Supra.
2.55 **To Catch a Smuggler**
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** The team recall an unidentified aerial phenomenon at a rocky mesa.
6.30 **Hardcore Pawn**
9.15 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Secrets Declassified with David Duchovny**
2.00 **Digging for Britain**
6.00 **American Pickers** Mike and Robbie visit a fifth-generation demo business and junkyard.

10.00 The Proof Is Out There

7.00 **Forged in Fire** Two previous champions go head to head in a forging round making their own signature san mai blades.

8.00 **Secrets in the Ice** An ancient mummy with fantastical tattoos buried in Siberia and the remains of an infant woolly rhino.

9.00 **Secrets Declassified with David Duchovny** New edition A look at the importance of coded messages in war.

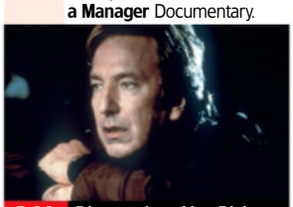
10.00 **The Proof Is Out There: Unexplained Edition** New edition Sonar scans hint at a lost metropolis beneath the waters.

11.00 **What on Earth?**
12.00 M'T **Digging for Britain** A pilgrimage site on the Scottish island of Iona. **1.00** AM Uncovering a rare Bronze Age weapons hoard.
2.00 AM **World War II with Tom Hanks** New editions
4.00 **Secrets Declassified with David Duchovny** As 9.00pm.
5.00 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Alan Rickman**
8.00 **The Directors**
9.00 **The Movies**
10.00 **FILM The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
12.00 NOON **Lennox: The Untold Story** Documentary.
2.00 PM **Brazil 2002**
3.45 **My Icon: Darren Campbell**
4.00 **The Directors**
5.00 **Discovering: Alan Rickman**
6.00 **Bobby Robson: More Than a Manager** Documentary.



5.00 Discovering: Alan Rickman

Bobby Robson: More Than a Manager (started at 6.00pm) — 7 PM

8.00 **Murder in the Valleys** 1/4. Documentary series examining the biggest ever criminal investigation in Welsh history. — 8 PM

9.00 **Murder in the Valleys** 2/4. It emerges that the prime suspect is a very well-connected former police officer. — 9 PM

10.00 **Murder in the Valleys** 3/4. A new suspect emerges, and the police are convinced they have got their man. — 10 PM

11.00 **Murder in the Valleys** 4/4. A new witness comes forward and sparks a review of the case.
12.00 M'T **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
2.00 AM **The Essex Murders: Who Killed Goldfinger?** 1-3/3. Crime documentary.
5.00 **to 6.00** AM **Discovering: Alan Rickman**

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Truckers**
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Angus and the team dig through three generations of clutter.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars**
9.00 **Shed and Buried: Classic Helicopter**
11.00 **British Superbikes**
12.00 M'T **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
5.00 **American Monster: Abuse of Power**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **The Killer in My Family**
10.00 **Deadliest Mums & Dads** The disappearance of Lesley Ford and four of her children.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of Vera Hudson.
8.00 **UK Crime Files: A Murder Without Honour** A body is found near a river in Cumbria.
9.00 **UK Crime Files: Skeleton in the Carpet** The case of Karen Price.
10.00 **Donal MacIntyre's Killer Evidence** A bouncer is stabbed and then attacked by a pit bull in London.
11.00 **New Scotland Yard Files** Docmentary.
12.00 M'T **UK Crime Files: A Murder Without Honour** As 8.00pm.
1.00 AM **UK Crime Files: Skeleton in the Carpet**
2.00 **Donal MacIntyre's Killer Evidence**
3.00 **Murder UK**
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Gangland Murders**
9.55 **UK Crime Files: Brides in the Bath Murders**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Female Killer**
3.00 **UK Crime Files: Murderous Marriage**
4.00 **Secrets of a Murder Detective** Documentary.
5.00 **Medical Detectives** The murder of a Native American woman. **5.30** Arsenic is discovered in the blood of a dead woman. **6.00** The murder of a dry cleaning employee. **6.30** Police look into the death of a millionaire.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **Murder Uncut**
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **The Real CSI: Miami**
10.00 **What the Killer Did Next** A woman's body is discovered in a bin.
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Robert Hansen.
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Britain's Most Evil Killers**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **1066: A Year to Conquer England**
9.30 **WWII in Colour: Road to Victory**
10.35 **Immortal Egypt with Joann Fletcher**
11.55 **The War** As 9.45pm.
1.00 PM **1066: A Year to Conquer England**
2.30 **WWII in Colour: Road to Victory**
3.35 **Immortal Egypt with Joann Fletcher**
4.55 **The War** As 9.45pm.
6.05 **1066: A Year to Conquer England**
7.20 **WWII in Colour: Road to Victory**
8.30 **Immortal Egypt with Joann Fletcher**
9.45 **The War** Four American communities recall World War Two.
10.55 **WWII in Colour: Road to Victory**
12.00 M'T **Immortal Egypt with Joann Fletcher**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

MONDAY

Monday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hunters**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Africa's Hunters**
6.00 **Predators**
7.00 **Monkey Life** Double bill.
8.00 **Wild Sky** The Amazon's oxygen-breathing trees.
9.00 **Superbeast** A celebration of nature's ultimate athletes.
10.00 **Predators** A brotherhood of cheetahs lose their hunting ground to a bushfire.
11.00 **Africa's Hunters**
12.00 M'T **Wild Rockies**
1.00 AM **Hope for Wildlife**
2.00 **Wild Sky** As 8.00pm.
3.00 **Superbeast** As 9.00pm.
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Ships**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Digging for Britain**
4.00 **Digging for Britain: WWII Special** Documentary.
5.00 **Digging for Britain**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** First-hand accounts from police officers who have had unbelievable but substantiated UFO encounters.
8.00 **Hitler's Engineers** The support Hitler received from Fritz Todt.
9.00 **The Proof Is Out There: Unexplained Edition** Tony Harris and his team investigate evidence of alien encounters.
10.00 **Killer Kings** The Roman Emperor Caligula, also known as Gaius, exploring his brief but brutal reign from AD 37 to 41.
11.00 **Ancient Aliens**
1.00 AM **UFO Hunters**
2.00 **Digging for Britain**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Arctic Rescue**
1.00 PM **Secrets Underground**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?**
9.00 **Truth Behind the Moon Landing** Experts investigate American espionage during the Apollo programme.
10.00 Investigating the Lunar Landing Research Vehicle crash that nearly killed astronaut Neil Armstrong during his training.
11.00 **NASA's Unexplained Files** An account of how cosmonauts fought for their lives trapped inside a capsule in a frozen lake. Plus, NASA astronomers are spooked when the full moon affects their experiments.
12.00 M'T Investigating a startling discovery that suggests the toxic clouds of Venus could be the origin of life on Earth.
1.00 AM **Through the Wormhole with Morgan Freeman**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Judge Rinder**
2.00 PM **Green Eyed Killers**
3.00 **Sunshine Slayings**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48** Detective Angela Carter takes over the case of a missing teenage girl.
8.00 **Green Eyed Killers** A jealous husband goes on the attack.
9.00 **Murder at the Motel** Police respond to a call from a witness who hears a gunshot.
10.00 **Look What You Made Me Do** A Mennonite woman is found murdered far from home.
11.00 **Sunshine Slayings**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **The Death Investigator with Barbara Butcher** New edition
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **America's Wild Heartlands**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo: North Carolina** Documentary.
1.00 PM **Snakes in the City**
2.00 **Heartland Docs**
3.00 **Shark Men**
4.00 **Fish My City**
5.00 **The Incredible Dr Pol**
6.00 **Yukon Vet Compilation**
7.00 **Secrets of the Zoo**
8.00 **NEW Hammerhead Sharks Up Close with Bertie Gregory** Footage of one of the ocean's most visually iconic sharks. *See feature, page 18.*
9.00 **NEW SERIES Shark Attack Files** Investigating the rise in shark attacks on surfers.
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Alaska Animal Rescue**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Swamp Men**

Discovery History

161/172 147 181

7.00 AM **Houdini's Last Secrets**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts explain how the planet journeys through the Milky Way.
8.00 **Houdini's Last Secrets** A team of experts investigate Harry Houdini's illusions, revealing the secrets behind his death-defying torture escape stunt.
9.00 **Legendary Locations** Five locations where fight and flight were the only options.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secrets of the London Underground** Four editions.
1.00 PM **Secrets of the London Underground** Four editions of the series, including at:
4.00 Presenters Tim Dunn and Siddy Holloway explore King's Cross St Pancras, including a secret siding and the disused Thameslink station.
5.05 **Citizen Smith** Wolfie's heart is broken when Shirley leaves him to work in Italy.
5.45 A destitute Wolfie is forced to take a job from Harry Fenning in order for the Front to continue with their plans.
6.25 The Front is hired by Brian Tofkin to exact revenge on his cousin Harry Fenning.
7.05 Dad is faced with a defiant Wolfie and Ken as they claim squatters' rights and refuse to leave their home.
7.45 Wolfie wows everyone with his musical abilities.
8.25 **Citizen Smith**
12.30 **to 6.00** AM **Citizen Smith**

+1hour 266 376

ID

154 140 166

8.00 AM **Evil Lives Here**
12.00 NOON **Still a Mystery**
1.00 PM **American Monster**
3.00 **Murder Comes to Town**
7.00 **Evil Online** The case of 14-year-old cheerleader Alicia DeBolt. When she went missing, police closed in on a sadistic killer whose obsession led to tragedy.
8.00 The case of 14-year-old Breck Bednar, who died after being stabbed in Grays, Essex.
9.00 **True Conviction** Prosecutor Anna-Sigga Nicolazzi revisits the case of Donna Decker, who in 1988 was stabbed to death by an intruder after returning from work to her Florida home.
10.00 **American Monster** A mother's devotion blinds her to danger.
11.00 **Feds** When a criminal gang take over a jailhouse, Agent Lewis uncovers a disturbing world of sex, power and corruption.
12.00 M'T **Police 911: Michigan**
2.00 AM **Murder Comes to Town**
4.00 **to 6.00** AM **Evil Online**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead: Born Mechanic**
3.00 **The Explosion Show**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Iron Resurrection**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **NEW SERIES Faster with Finnegan** Mike Finnegan and and his friends attempt to revamp a supercharger.
9.00 **Outback Truckers**
10.00 **The Explosion Show**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Workshop** Richard and the Cogs restore a new car for a live audience at CarFest.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

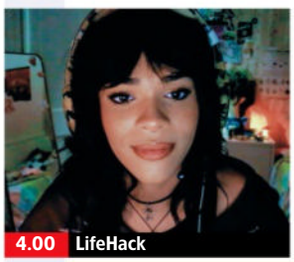
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
8.00 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
9.45 **Bugonia** As 5.50pm.
11.55 **Strung** As shown at 4.10am.
2.00 PM **Carolina Caroline** Thriller. (2025, 15, 105min) ★★★★
4.00 **LifeHack** Thriller with Georgie Farmer. (2025, 15, 97min)
5.50 **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★



4.00 LifeHack

8.00 Civil War Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. With Wagner Moura, Cailee Spaeny and Nick Offerman. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Lee Cronin's The Mummy Horror starring Natalie Grace. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
2.10 **Black Phone 2** Horror thriller sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
4.10 **to 6.15** AM **Strung** Psychological thriller starring Chloe Bailey. (2026, 15, 119min)

Sky Cinema Bourne

303 303 403 503 517

6.00 AM **The Bourne Identity**
8.00 **The Bourne Supremacy**
9.50 **The Bourne Ultimatum**
11.50 **The Bourne Legacy** (2012)
2.05 PM **Jason Bourne** (2016)
4.10 **The Bourne Identity** Thriller based on Robert Ludlum's novel, starring Matt Damon. (2002, 12, 119min) ★★★★★
6.10 **The Bourne Supremacy** Spy thriller sequel starring Matt Damon and Franka Potente. (2004, 12, 108min) ★★★★

4.10 The Bourne Identity

8.00 The Bourne Ultimatum Spy thriller sequel starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles and David Strathairn. (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Bourne Legacy Spy thriller sequel with Jeremy Renner and Rachel Weisz. A genetically enhanced secret agent goes on the run with his supervisor when his life is threatened from within his organisation. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Jason Bourne** Spy thriller sequel starring Matt Damon. (2016, 12, 123min) ★★★
3.00 **The Bourne Identity** (2002)
5.00 **to 6.50** AM **The Bourne Supremacy** As 6.10pm.

Sky Cinema Drama

310 310 410 510 524

7.10 AM **The Cinema List: Outlaws**
7.30 **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
9.15 **Beach Rats** Powerful drama. (2017, 15, 98min) ★★★
11.00 **Erin Brockovich** Legal drama. (2000, 15, 133min) ★★★★
1.15 PM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
3.35 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
5.45 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
8.00 **Nuremberg** Thriller with Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. (2025, 15, 148min) ★★★★★
10.40 **The Brutalist** Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in America are changed by a strange client. (2024, 18, 215min) ★★★★★
2.05 AM **Cicada** Drama with Matthew Fifer and Sheldon D Brown. (2020, 15, 96min) ★★★★
3.50 **to 6.00** AM **Birdy** Psychological drama directed by Alan Parker, starring Nicolas Cage and Matthew Modine. (1984, 15, 120min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.45 AM **Spin the Bottle** As 3.40am.
10.05 **Anaconda** Jungle adventure. (1997, 15, 89min) ★★★
11.50 **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
2.05 PM **Ghostbusters** Comedy. (1984, 12, 105min) ★★★★
4.05 **Ghostbusters** Fantasy comedy. (2016, 12, 113min) ★★★
6.15 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
8.00 **I Know What You Did Last Summer** Horror reboot starring Madelyn Cline. A group of friends are terrorised by a stalker who knows about a gruesome secret from their past. (2025, 15, 119min) ★★★
10.05 **M3GAN 2.0** Sci-fi thriller sequel starring Allison Williams. Two years after a robot's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (2025, 15, 120min) ★★★
12.15 AM **Brightburn** Superhero horror. (2019, 15, 90min) ★★★
2.00 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
3.40 **Spin the Bottle** Horror. (2024, 15, 119min) ★★
5.55 **to 6.30** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.10 AM **Gabby's Dollhouse: The Movie** (2025, U) ★★★
8.00 **Grand Prix of Europe** (2025)
9.40 **Look Who's Talking** (1989)
11.25 **Look Who's Talking Too** Comedy sequel. (1990, 12) ★
12.55 PM **Look Who's Talking Now** Comedy sequel. (1993, 12) ★
2.45 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
4.20 **Grand Prix of Europe** (2025)
6.00 **Cats & Dogs** As 4.05am.

7.30 The Angry Birds Movie

7.30 **The Angry Birds Movie** Animation featuring the voice of Jason Sudeikis. (2016, U, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **The Angry Birds Movie 2** Animated family comedy sequel featuring the voice of Peter Dinklage. The flightless birds and scheming green pigs take their war to the next level. (2019, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Penguins of Madagascar** Animation. (2014, U, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101 min) ★★
2.10 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy. (2016, 12, 112min) ★★★
4.05 **Cats & Dogs** Fantasy comedy. (2001, PG, 87min) ★★★
5.35 **to 7.15** AM **Flavia** Adventure. (2026, PG, 100min) ★★★

Sky Cinema Action

306 306 407 507 521

6.15 AM **The Italian Job** (1969)
8.00 **Bad Boys II** Action sequel. (2003, 15, 147min) ★★★
10.30 **Blacklight** Action thriller. (2022, 15, 104min) ★
12.20 PM **The Mechanic** Action thriller. (2011, 15, 93min) ★★
1.55 **The Meg** Action thriller. (2018, 12, 113min) ★★★
3.55 **300** Epic historical adventure. (2006, 15, 116min) ★★★★
6.00 **The Legend of Tarzan** Adventure. (2016, 12) ★★★

3.55 300

8.00 **Justice League** Sci-fi adventure starring Ben Affleck, Gal Gadot and Henry Cavill. Bruce Wayne enlists the help of Wonder Woman, Cyborg Aquaman and The Flash in the fight against supervillain Steppenwolf. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Kong: Skull Island** Action adventure starring Tom Hiddleston. A secret mission to a mysterious island descends into chaos when the wildlife proves far from welcoming. (2017, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Morbius** Comic-book adventure starring Jared Leto. (2022, 12, 104min) ★★
2.20 **The Italian Job** Classic crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
4.10 **to 6.05** AM **Streetfighter** Martial arts action drama. (1994, 12, 102min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
8.50 **Liar Liar** (1997, 12) ★★★★
10.25 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
12.20 PM **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
2.30 **Gremlins** Horror comedy. (1984, 12, 106min) ★★★★
4.30 **Little Fockers** Comedy sequel. (2010, 12, 94min) ★★★
6.15 **The Whole Nine Yards** Black comedy. (2000, 15) ★★★

6.15 The Whole Nine Yards

8.00 **Instant Family** Comedy drama starring Mark Wahlberg and Rose Byrne. A couple decide to adopt, but get more than they bargained for when they take in a rebellious teenager and her two siblings. (2018, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Yesterday** Danny Boyle's comedy starring Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **'About Last Night...'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★★★
2.05 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
3.45 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
5.25 **to 7.15** AM **My Girl 2** Comedy drama sequel. (1994, PG) ★★

Sky Cinema Thriller

309 309 409 509 523

7.05 AM **Dog Day Afternoon** Thriller. (1975, 15) ★★★★
9.15 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
11.30 **Cellular** Suspense thriller. (2004, 15, 94min) ★★★
1.10 PM **Inception** Sci-fi thriller. (2010, 12, 148min) ★★★★★
3.40 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
5.55 **No Country for Old Men** The Coen Brothers' dark thriller. (2007, 15, 122min) ★★★★

5.55 No Country for Old Men

8.00 **Black Bag** Espionage thriller starring Michael Fassbender and Cate Blanchett. When a spy is suspected of treason, her husband faces the ultimate test. With Tom Burke. (2024, 15, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Civil War** Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. With Wagner Moura, Cailee Spaeny and Nick Offerman. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
1.40 AM **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
3.50 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
5.45 **to 7.30** AM **Breakdown** Thriller starring Kurt Russell. (1997, 15, 94min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Tomahawk** Western. (1950, PG, 82min) ★★
12.45 PM **The Bravados** Western. (1958, PG, 98min) ★★★
2.45 **The Lady Eve** Vintage comedy. (1941, b/w, U, 93min) ★★★★
4.40 **Jubal** Western starring Glenn Ford. (1956, PG, 101 min) ★★★
6.45 **Entrapment** Romantic action thriller starring Sean Connery and Catherine Zeta-Jones. (1999, 12, 112min) ★★★

6.45 Entrapment

Entrapment (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Equalizer** Action thriller starring Denzel Washington, Marton Csokas and Chloë Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **BlackBerry** Fact-based comedy drama starring Jay Baruchel and Glenn Howerton. The creators of the world's first smartphone weather a series of disastrous events. (2023, 15, 120min) ★★★★
2.00 **to 3.45** AM **Walking and Talking** Comedy drama starring Catherine Keener. (1996, 15, 85min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.45 AM **One More Shot** As 11.00pm.
8.20 **The Ballad of Wallis Island**
10.10 **Blue Moon** Comedy drama. (2025, 15, 100min) ★★★★
11.55 **The Naked Gun** As 9.30pm.
1.30 PM **Materialists** Comedy drama. (2025, 15, 116min) ★★★★
3.30 **Wuthering Heights** Drama. (2026, 15, 136min) ★★★★
5.50 **The Bride!** Horror thriller. (2025, 15, 126min) ★★★★

8.00 **Spinal Tap II: The End Continues** Comedy sequel starring Michael McKean, Harry Shearer and Christopher Guest. The band reunite after a 15-year break for one final concert. (2025, 15, 83min) ★★★
9.30 **The Naked Gun** Comedy reboot starring Liam Neeson and Pamela Anderson. (2025, 15, 85min) ★★★★
11.00 **One More Shot** Comedy starring Emily Browning. (2025, 15, 100min) ★★★

12.35 AM **Eddington** Modern-day Western with Joaquin Phoenix. (2025, 15, 148min) ★★★★
3.10 **Prisoner of War** Action thriller. (2025, 15, 112min) ★★★
5.10 **to 7.00** AM **The Ballad of Wallis Island** Comedy drama. (2025, 12, 100min) ★★★★

Sky Cinema Greats

307 307 404 504 518

6.20 AM **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
8.30 **The Karate Kid Part II** Martial arts adventure sequel with Ralph Macchio. (1986, PG, 113min) ★★
10.30 **The Karate Kid: Part III** Martial arts adventure sequel with Ralph Macchio. (1989, PG, 111 min) ★
12.30 PM **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★

2.30 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
4.30 **Kindergarten Cop** Comedy thriller. (1990, 15, 111 min) ★★★
6.30 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
8.00 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81 min) ★★★
9.30 **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★★
10.55 **The 'burbs** Offbeat comedy. (1989, PG, 103min) ★★★

12.40 AM **My Girl** Bitter-sweet comedy. (1991, PG, 105min) ★★
2.25 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
4.10 **to 6.00** AM **Gremlins 2: The New Batch** Horror comedy sequel starring Zach Galligan. (1990, 12, 107min) ★★★

Disney+ Cinema

305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★
7.20 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
9.45 **Pocahontas** Animation. (1995, U, 81 min) ★★★
11.10 **Frozen** Animated musical. (2013, PG, 108min) ★★★★

12.55 PM **Beauty and the Beast** Musical. (2017, PG) ★★★★
3.05 **A Goofy Movie** Animated comedy. (1995, U, 78min) ★★
4.25 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
6.10 **Hercules** Animated adventure. (1997, U, 92min) ★★★★
7.45 **Inspector Gadget** Live-action adaptation of the cartoon series. (1999, U, 77min) ★★★
9.00 **Joy** Fact-based drama starring Jennifer Lawrence and Robert De Niro. (2015, 12, 121 min) ★★★★

11.05 **Gifted** Drama starring Chris Evans. (2017, 12, 101 min) ★★★★
12.45 AM **28 Weeks Later** Horror sequel. (2007, 18, 99min) ★★★★
2.30 **The East** Political thriller. (2013, 15, 111 min) ★★★★
4.25 **to 6.00** AM **Flubber** Fantasy comedy. (1997, U, 94min) ★★★

Movies 24

312 313 419

7.00 AM **Deck the Walls** Festive drama. (2024, PG, 90min) ★★
9.00 **A Royal Montana Christmas** Drama. (2025, PG, 90min) ★★
11.00 **Santa Tell Me** Romantic drama. (2024, PG, 84min) ★★
1.00 PM **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
3.00 **Holiday Crashers** Comedy. (2024, PG, 90min) ★★

5.00 **A Cowboy Christmas Romance** Festive romance. (2023, PG, 85min) ★★
7.00 **The Christmas Quest** Festive adventure starring Lacey Chabert and Kristoffer Polaha. (2024, PG, 90min) ★★
9.00 **Sugarplummed** Romantic drama starring Jessica Garcie. A woman's wish for a picture-perfect Christmas comes true when a magical movie character steps off the screen to help. (2024, PG, 90min) ★★

11.00 **Three Wisest Men** Comedy drama. (2025, PG, 84min) ★★
1.00 AM **The Snow Must Go On** Drama. (2025, PG, 90min) ★★
3.00 **to 5.00** AM **All I Need for Christmas** (2024, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Vise** 12/39. (S1)
6.30 **Demobbed** Comedy. (1944, b/w, U, 96min) ★★
8.20 **In Glorious Devon**
8.40 **Ramrod** Western starring Veronica Lake and Joel McCrea. (1947, b/w, PG, 94min) ★★★
10.30 **Z Cars** 21/28. (S9)
11.30 **Star Performance** 25/31. (S2)
12.00 NOON **Danger UXB** 3/13. (S1)
1.05 PM **Richard the Lionheart** (S1)

1.35 **Lydia** Romantic drama. (1941, b/w, PG, 90min) ★★
3.25 **Army Days** Short film .
3.35 **The Trollenberg Terror** Sci-fi horror. (1958, b/w, PG, 84min) ★
5.15 **Look at Life**
5.30 **The Directors** William Wyler.
6.30 **The Veil** 12/12. (S1)
7.00 **The Footage Detectives**
8.00 **Maigret** 4/4. (S2)
9.50 **The Driver** Thriller starring Ryan O'Neal and Isabelle Adjani. (1978, 15, 91 min) ★★★★
11.40 **The Lawless Years** 7/18. (S1)

12.10 AM **The Marked One** Thriller. (1963, U, 65min) ★★★
1.25 **Murders on Aix Island** Murder mystery. (2017, 15, 92min) ★★★
3.25 **Sherlock Holmes** 4/39. (S1)
4.00 **Star Treatment Show**
4.30 **Honey West** 28/30. (S1)
5.00 **to 6.00** AM **The Rogues**

MONDAY Sport 6 July

Monday

Sky Sports Main Event

401 401 501 419 439

6.30 AM **World Cup Report** The morning's headlines from Mexico, Canada and the USA, as the knockout stages continue.
7.00 **World Cup Breakfast** Roundup of the latest headlines and stories surrounding the World Cup.
10.00 **World Cup Matchday** Analysis and discussion on the latest matches from the World Cup. Plus team news from the nations left in the competition.
7.00 PM **World Cup Show** Daily guide to the World Cup, featuring news, updates and interviews, plus previews of upcoming matches.
10.00 **World Cup Report** A round-up of the day's news from Mexico, Canada and the USA.
3.00 AM LIVE **WNBA** **Los Angeles Sparks v Seattle Storm.** Coverage of the match taking place at Crypto.com Arena. The Sparks claimed a deserved 88-83 win when the teams met at Climate Pledge Arena last month, with the help of 24 points and nine rebounds from Nneka Ogwumike against her former team. Tip-off **3.00am**.
5.30 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights**
10.00 **SNF** Sunderland v Arsenal. **10.30** Highlights from Chelsea v Wolverhampton Wanderers .
11.00 **Premier League Highlights** Action from the 2025/26 season.
4.00 PM **SNF** Action from Newcastle United v Manchester City.
4.30 **Premier League Highlights** Leeds United v Aston Villa. **5.00** Arsenal v Tottenham Hotspur at Emirates Stadium.
5.30 **MNF Hits** Highlights from Manchester United v Everton.
6.00 **Premier League 360 – Big Sam's Bolton** A look at Sam Allardyce's Bolton team of the early 2000s in the Premier League.
8.00 **Netbusters** Fast-paced Premier League match highlights.
9.00 **Premier League Review** A look at the 2025-26 campaign.
11.00 **Premier League Years** Classic games, blunders and moments of skill from the 1994/95 season.
1.00 AM **PL Retro** Manchester United v Everton from 2012 in full.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Best Scottish Premiership Goals 2022/23** Archive action.
8.30 **Best Scottish Premiership Goals 2023/24** Classic strikes.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Championship Retro**
2.00 PM **Henrik Larsson: 20 Years On** The striker's time at Celtic.
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **SPFL Highlights**
5.30 **EFL Greatest Games**
6.00 **Championship Retro**
8.00 **Celtic's Invincibles**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Archive action.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup** The 2021/22 final.
5.00 **Best Goals: EFL Cup 2021-22**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.30 AM **Women's ICC T20 World Cup** Replay of the final at Lord's.
12.00 NOON **Best of ICC WT20**
12.30 PM **Women's ICC T20 World Cup** Another chance to see the final, which took place at Lord's
6.00 **International T20 Cricket** England v India in the first match in the five-game T20 series at The Riverside in Chester-le-Street. **6.30** England v India in the second T20 in the five-match series from Old Trafford.
7.00 **Women's ICC T20 World Cup** Action from the first semi-final. **7.30** The second semi-final. **8.00** Highlights of the final.
8.30 **Lauren Bell Masterclass** The England bowler offers advice.
9.00 **International T20 Cricket** Action from England v India in the first match of the five-game series. **9.30** England v India game two.
10.00 **Women's ICC T20 World Cup** The opening semi-final. **10.30** The second semi-final. **11.00** Highlights of the final.
11.30 **Best of ICC WT20**
12.00 M'T **Women's ICC T20 World Cup** A full replay of the final.
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **DP World Tour Golf**
11.00 **PGA Tour Golf**
4.00 PM **Chronicles of a Champion Golfer** Profiles of players.
5.00 **PGA Tour Champions**
6.00 **Tour Golf Highlights**
6.30 **PGA Tour Golf**
7.30 **DP World Tour Golf**
8.00 **Legends Tour Golf**
9.00 **PGA Tour Golf**
10.00 **PGA Tour Champions**
11.00 **Tour Golf Highlights**
11.30 **Rose Ladies Series**
12.00 M'T **PGA Tour Golf**
1.00 AM **Golf Academy**
2.00 **DP World Tour Golf**
4.00 **Playing Lessons**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **Best of Federer**
7.00 **US Open Classic Matches**
8.00 **ATP Tennis** Indian Wells Open.
9.00 **Best of The US Open 2025**
11.00 **WTA Tennis** Madrid Open review.
11.30 **ATP Tennis** Barcelona Open.
12.30 PM **ATP Tennis** Indian Wells Open.
1.30 **WTA Tennis** Indian Wells Open.
2.30 **WTA Tennis** Miami Open final.
3.30 **US Open Classic Matches**
4.30 **ATP/WTA Tour Classics**
5.30 **WTA Tennis** Italian Open review.
6.00 **ATP Tennis** Swedish Open final.
7.00 **WTA Tennis** The Iasi Open final.
8.00 **Best of The US Open 2025**
10.00 **ATP/WTA Tour Classics**
11.00 **ATP Tennis** Miami Open review.
12.00 M'T **Best of Federer**
1.00 AM **US Open Classic Matches**
2.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **UCI Mountain Bike World Series** From Thuile, Italy.
8.00 **Wimbledon** Day seven action.
9.30 **Cycling Essential Stories**
9.45 **Tour de France Highlights** Action from the second stage.
10.45 LIVE **Tour de France** The third stage of this year's men's race, a 195.9km route from Granollers to Les Angles.
4.30 PM **Tour de France Highlights** An A to Z look at cycling's oldest and most prestigious Grand Tour.
5.00 **Sign Up – Into Football**
6.00 **MLB Highlights** Baseball action.
7.00 LIVE **MLB** **Kansas City Royals v Philadelphia Phillies.** The inter-league match at Kauffman Stadium. Start-time **7.10pm**.
10.00 **British Superbikes Highlights**
11.00 **TNT Sports Reload**
11.30 LIVE **MLB** **Tampa Bay Rays v New York Yankees.** Coverage of the American League match, staged at George M. Steinbrenner Field. Start-time is at **11.40pm**.
2.30 AM **MLB Classic**
5.00 **to 6.00** AM **Formula E: Driver**

TNT Sports 2

411 414 522 409 431

6.00 AM **Formula E Unplugged**
7.00 **ABB FIA Formula E World Championship Highlights**
9.00 **Test Cricket Highlights**
10.00 **UCI Mountain Bike World Series** From La Thuile, Italy.
11.00 **British Superbikes** Action from Snetterton Circuit in Norwich.
12.30 PM **MLB Highlights**
1.30 **TNT Sports Cricket Reload**
1.45 **Test Cricket Highlights** The third day of the second and final Test in the series between West Indies and Sri Lanka.
2.45 LIVE **Test Cricket** **West Indies v Sri Lanka.** Coverage of the fourth day of the second and final Test in the series from Sir Vivian Richards Stadium in Antigua. The hosts will be hoping that they can claim just their fifth ever Test victory over Sri Lanka, with their last coming in a three-match series that was drawn 1-1 back in June 2018..
11.00 **Champions League – Classics**
12.00 M'T **UFC Main Event**
1.00 AM **Fight Week**
1.30 **Tour de France Men Highlights**
2.30 **Wimbledon** Day eight.
4.00 **to 6.00** AM **NWSL**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.30 **Super League Highlights** Salford Red Devils v Leigh Leopards in a 2024 Eliminator match. **5.45** Wigan Warriors v Hull KR.
6.00 **NBA Basketball** Golden State Warriors v Los Angeles Clippers.
8.00 **NBA Basketball** A replay of Houston Rockets v Utah Jazz.
10.00 **NBA on Fire** The latest action.
10.30 **NFL Bitesize Highlights** Seattle Seahawks v San Francisco 49ers from the 2025/26 season.
10.45 **Super League Highlights** Hull Kingston Rovers v Leeds Rhinos.
11.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks from the 2025/26 season.
12.00 M'T **The Insiders**
1.00 AM **NFL Highlights**
2.00 **Super League Highlights**
3.00 LIVE **WNBA** **Los Angeles Sparks v Seattle Storm.** The match at Crypto.com Arena. Tip-off is at **3.00am**.
5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.00 **Premier League Darts** Another chance to see the opening night of the season staged at Utilita Arena Newcastle.
12.00 NOON **WTA Tennis** The final of the Brisbane Open at Queensland Tennis Centre in Tennyson.
1.00 PM **ATP Tennis** Action from the final of the Brisbane Open at Queensland Tennis Centre.
2.00 **World Cup Matchday**
7.00 **World Cup Show**
10.00 **World Cup Report**
12.00 M'T **EFL Greatest Games** Highlights from Queens Park Rangers v Brentford from 2017. **12.15** AM Sheffield United v Bristol City from 2017. **12.30** Brief highlights from Reading v Cardiff City from 2017. **12.45** Bristol City v Manchester United from the 2017/18 EFL Cup.
1.00 **Premier League Darts** Night six of the tournament at Motorpoint Arena Nottingham, with a format featuring the quarter-finals, semi-finals and final all over the course of one night.
5.00 **to 6.00** AM **Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** British Grand Prix.
9.00 **International T20 Cricket**
10.00 **ICC Women's World Cup**
11.00 **NBA Basketball**
1.00 PM **ICC Women's World Cup**
2.00 **PL Greatest Games**
3.00 **Super League**
5.45 **Women's State of Origin**
6.00 **ICC Women's World Cup**
7.00 **Formula 1** British Grand Prix.
8.00 **State of Origin Rugby League**
9.00 **International T20 Cricket** Highlights from England v India.
9.30 **Women's ICC T20 World Cup** Action from the second semi-final.
10.00 **Formula 1** Highlights from the British Grand Prix sprint race.
11.00 **Women's State of Origin**
12.00 M'T **EFL Greatest Games**
1.00 AM **NBA Basketball**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Women's ICC T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** Replays of matches from last season.
12.00 NOON **Premier League** Liverpool v Newcastle United. **1.30** PM Manchester United v Tottenham Hotspur. **3.00** Action from West Ham United v Manchester United. **4.30** Chelsea v Leeds United.
6.00 LIVE **Ultimate Pool** The Group 4 matches in the Champions League tournament, as four players compete in a series of round-robin matches to earn a place in the Super 8's.
9.30 **Fight Week** A look ahead to Conor McGregor's UFC return.
10.00 **Wimbledon** The eighth day.
11.30 **UCI Mountain Bike World Series** From La Thuile, Italy.
2.30 AM **British Superbikes Highlights**
3.30 **IFSC Climbing World Series**
4.30 **to 6.00** AM **UEFA Champions League – Classics**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** A chance to see four Australian rules football matches.
12.00 NOON **AFL** A replay of GWS Giants v Fremantle Dockers. **1.30** PM Gold Coast Suns v Collingwood Magpies. **3.00** Another chance to see Richmond Tigers v Carlton Blues. **4.30** A replay of Essendon Bombers v St Kilda Saints. **6.00** Port Adelaide Power v North Melbourne Kangaroos.
7.30 **UEFA Champions League – Stories of the Finals**
7.45 **The Gruppetto** Cycling news.
8.00 **Tour de France Highlights** The third stage of the men's race.
9.00 **Fishing: On the Bank**
10.00 **IFSC Climbing World Series**
11.00 **NWSL** Football highlights.
1.00 AM **Formula E Highlights**
3.00 **Formula E Unplugged**
4.00 **UFC Fight Flashback**
5.00 **Fight Week**
5.30 **to 6.00** AM **MotoGP Films**

Premier Sports 1

419 APP 528

6.00 AM **FIM Sidecarcross Championship** GP of Belgium.
7.00 **Coppa Italia** The final.
9.00 **NHL Ice Hockey** Games one and two in the Stanley Cup finals.
1.00 PM **NHL: This is Hockey**
1.30 **Rugby Junior World Championships** A replay of France U20 v Spain U20.
3.30 **Rugby Junior World Championships** A replay of Argentina U20 v Ireland U20.
5.30 **Sporting Greats**
6.00 **Scottish Cup Football** Another chance to see Rangers v Celtic.
8.45 **Africa Eco Race**
9.00 **NHL Ice Hockey** Carolina Hurricanes v Vegas Golden Knights in game one of the Stanley Cup.
11.00 **Sporting Greats**
11.30 **Rugby Junior World Championships** Match replays.
3.30 AM **LaLiga** A game in full.
5.30 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 APP 529

6.00 AM **Bike World** Magazine.
6.30 **NASCAR** Another chance to see the 2026 eero 400.
10.30 **Temples of Sport** Iconic sporting venues from around the globe.
11.00 **EUT20 Belgium** Another chance to see Bruges v Liege in the Belgian T20 cricket league.
3.00 PM **EUT20 Belgium** Another chance to see Bruges v Antwerp in the Belgian T20 cricket league.
7.00 **Temples of Sport** Iconic sporting venues from around the globe.
7.30 **Football's Greatest** The finest players discuss their careers.
8.00 **Champions Cup** Another chance to see Leinster v Toulon.
10.00 **Champions Cup** Another chance to see Bordeaux Begles v Bath.
12.00 M'T **Temples of Sport** Taking a look at Iconic sporting venues from around the globe.
1.30 AM **NASCAR** Another chance to see the 2026 eero 400.
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** British Grand Prix.
10.30 **F1 Feature**
11.00 **The F1 Show**
12.00 NOON **Formula 1** The British Grand Prix practice session. **1.15** PM The qualifying session for the British Grand Prix. **2.15** British Grand Prix sprint race.
3.15 **Ted's Notebook**
3.45 **F1 Feature**
4.00 **Formula 1** British Grand Prix.
6.00 **Ted's Notebook**
6.30 **F1 Feature**
7.00 **Formula 1** British Grand Prix.
9.15 **Ted's Notebook**
9.45 **F1 Academy Highlights**
10.45 **Formula 2 Championship**
12.05 AM **Ted on Kimi Antonelli**
12.15 **Formula 3 Championship**
1.15 **F1 Feature**
1.35 **The Best of F1 2026**
2.00 **F1 Explained**
3.00 **to 6.00** AM **Best of F1 2026**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

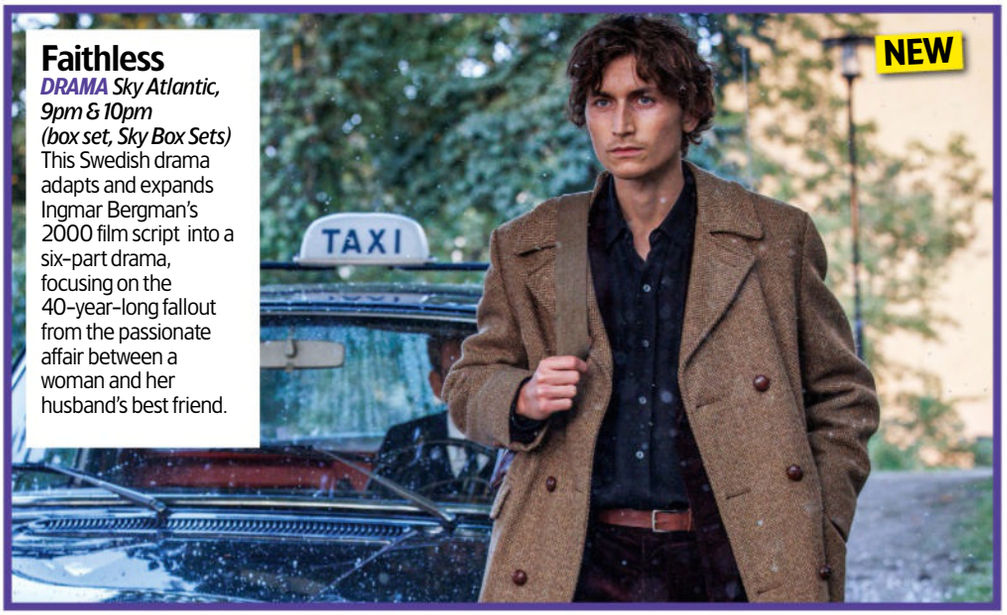
7 July

Planner

Suddenly Amish

REALITY TLC, 10pm

In what could be perceived as the ultimate extreme digital detox, six screen-addicted outsiders move into a isolated Amish community to see if they can switch off, adapt to the culture shock and integrate into the traditional lifestyle.



Faithless

DRAMA Sky Atlantic, 9pm & 10pm (box set, Sky Box Sets)

This Swedish drama adapts and expands Ingmar Bergman's 2000 film script into a six-part drama, focusing on the 40-year-long fallout from the passionate affair between a woman and her husband's best friend.

Best Medicine

COMEDY DRAMA

Sky One, 8pm

Six episodes in and our weekly check-ups with the US version of *Doc Martin* are proving to be just what the doctor ordered. In tonight's entertaining episode, Will treats a man who claims his blue skin is down to eating blueberries.

Wimbledon: Wheelchair Singles

TENNIS BBC1, BBC2 & BBC iPlayer

The men's and ladies' wheelchair singles competition starts at the All England Club, with Tokito Oda and Wang Ziying (pictured) both set to defend their titles.

Tuesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: The concluding coverage on day nine						10.00 News; Local News	
	102 BBC2	7.00 Nigellissima	7.30 EastEnders	8.00 Digging for Britain		9.00 QI XL		10.00 Live at the...	10.30 Newsnight
	103 ITV1	‹ 6.45 News; Weather		7.45 Emmerdale		8.45 Coronation Street		9.45 The Assembly	10.15 News; Local News
	104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 Grand Designs		10.00 24 Hours in A&E	
	105 5	7.00 Tour de France		8.00 Reuben Owen: Life in the Dales		9.00 Lie with Me		10.00 The Poisoning: How to Kill Your...	
	106 SKY ONE	7.00 The Simpsons		8.00 Best Medicine		9.00 Film: The First Wives Club			
ENTERTAINMENT	115 BBC3		7.05 Deadly 60	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon	9.00 I Kissed a Girl			
	116 BBC4	7.00 Great British...		7.30 Only Connect	8.00 Keeping Up...	8.30 One Foot in...	9.00 The Last Battle of the Vikings		10.00 The American Revolution
	118 ITV2	7.00 The Floor USA			8.00 The 1% Club		9.00 Love Island	10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location			7.55 Grand Designs		9.00 Ancient Egypt by Train with Alice...		10.00 Ancient Autopsy
	135 E4	7.00 Hollyoaks		7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox		
	107 SKY WITNESS	7.00 Nothing to Declare			8.00 The Rookie		9.00 Irish Blood		10.00 Blue Bloods
	108 SKY ATLANTIC	‹ 6.45 The Penguin					9.00 Faithless		
	110 U&GOLD	‹ 6.40 dinnerladies			8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf
	111 U&DAVE	7.00 Mortimer &...		7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL
	119 ITV3	‹ 6.55 Heartbeat			8.00 Vera				10.00 Law & Order: UK
	120 ITV4	‹ 6.55 Aussie Pickers		7.55 The Motorbike Show			9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision
	112 COMEDY CENTRAL	7.00 Friends					9.00 Jimmy Carr's Am I the A**hole?		10.00 Mr Bean
	145 SKY SCI-FI	7.00 Stargate Atlantis			8.00 Stargate SG-1		9.00 From		10.00 Grimm
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine			8.00 'Allo 'Allo!			9.35 New Tricks	
	109 U&ALIBI	7.00 Unforgettable			8.00 Death in Paradise		9.00 Allegiance		10.00 The Hunting Party
	122 SKY ARTS	7.00 Alfred Hitchcock Presents			8.00 The Myth of Marilyn Monroe		9.00 I Am Raquel Welch		10.40 Inside...
	132 U&W	7.00 DIY SOS: The Big Build			8.00 999 Rescue Squad		9.00 The Pike County Murders: A Family...		10.00 Searching for Satoshi: The Mysterious...
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop					9.00 Deadliest Catch		10.00 The Last Woodsmen
	162 ANIMAL PLANET	7.00 Treehouse Masters			8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Noah
	129 NAT GEO	7.00 Air Crash Investigation			8.00 Mega Marine Machines		9.00 Construction Fails		10.00 Destruction Decoded
	123 SKY HISTORY	7.00 Forged in Fire			8.00 Hitler's Engineers		9.00 World War II with Tom Hanks		
	155 U&YESTERDAY	7.00 Frozen Planet II			8.00 Bangers & Cash				
	114 SKY DOCS	7.00 I Am Jackie O					9.00 Boyzone: No Matter What		

‹ Denotes programmes starting before 7.00pm † Regions vary

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TUESDAY

Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** New edition In Wiltshire. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News**
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **LIVE Wimbledon** Coverage of day nine of the Grand Slam tournament from the All England Club, featuring the men's and ladies' singles quarter-finals.(S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **4.00pm BBC News** (S) **4.15 Local News** (S) **4.30 LIVE Football: World Cup** Coverage of the seventh round-of-16 match. Kick-off is at 5.00. (S) **7.30 Celebrity Escape to the Country** (S)(R) **8.30 LIVE Football: World Cup** Coverage of the eighth round-of-16 match. Kick-off is at 9.00. (S) **11.30 BBC News** (S) **12.00m't FILM The Lady in the Van** Comedy drama starring Maggie Smith. (S) (2015, 12, 100min) ★★★★ **1.40am Weather for the Week Ahead** (S) **1.45-6.00am BBC News** (S)

7 PM

7.00 LIVE Wimbledon
Clare Balding presents the concluding coverage on day nine of the Grand Slam tournament from the All England Club, including the men's and ladies' singles quarter-finals. Home favourite Cameron Norrie's tournament came to an abrupt end at this stage last year when he was beaten 6-2, 6-3, 6-3 by 2023 and 2024 champion Carlos Alcaraz. However, it was still Norrie's second best run in a Grand Slam behind when he was a semi-finalist here in 2022, and it will have given him hope of another strong showing this year. (S)
■ *Today at Wimbledon* is on BBC2 at 11.05pm

8 PM

9 PM

10 PM

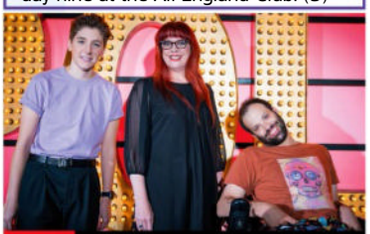
10.00 BBC News (S)
10.30 Local News (S)
10.40 FILM The Lady in the Van
Fact-based comedy drama starring Maggie Smith and Alex Jennings, about the story of Alan Bennett's friendship with an eccentric homeless woman. With Roger Allam, Frances de la Tour and Jim Broadbent. (S)(AD) (2015, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.45 AM **Expert Witness** (S)(R)(AD)
7.15 **Bargain Hunt** (S)(R)(AD)
8.00 **Sign Zone: Farm 999** (S)(R)
8.30 **Sign Zone: Lost and Found in the Lakes** A camera. (S)(R)(AD)
9.00 **BBC News** (S)
10.15 **Politics Live** (S)
11.00 **LIVE Wimbledon** Coverage of day nine of the tournament, featuring various doubles matches and the start of the men's and ladies' singles quarter-finals. (S)
3.00 PM **LIVE Wimbledon** Coverage of day nine from the All England Club, featuring the men's and ladies' singles quarter-finals. (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the BBC2 schedule will be: **7.00-10.00pm LIVE Wimbledon** Continued coverage of day nine at the All England Club. (S)


10.00 Live at the Apollo

7.00 Nigellissima
Recipes include roast chicken with saffron orzotto. (S)(R)(AD)
7.30 EastEnders
Bea unravels, and Avani tries to reach out to Ravi. (S)(AD)
■ This week's episodes will be subject to change

8.00 Digging for Britain
Alice Roberts visits digs in southern England that reveal a previously unknown Roman town, a Tudor ship and evidence of Henry VIII's financial forgery. (S)(R)(AD)

9.00 QI XL
Tips and Tools: Joe Lycett, Holly Walsh and Bill Bailey join regular panellist Alan Davies and host Sandi Toksvig. (S)(R)
9.45 Mandy
2/6. Something is holding Mandy back. (S4) (S)(R)(AD)

10.00 Live at the Apollo
Angela Barnes introduces routines from Sarah Keyworth and Tim Renkow at London's Hammersmith Apollo. (S)(R)
10.30 Newsnight (S)

11.05 **Today at Wimbledon** Highlights of the singles quarter-finals on day nine at the All England Club. (S)
12.05 AM **Cricket: T20 Highlights** England v India: Action from the third T20 in the five-match series, held at Trent Bridge (S)
12.35 **The Farthest: Voyager's Interstellar Journey** (S)(R)(AD)
2.05 **Sign Zone: Springwatch** (S)(R)
3.05 **Sign Zone: Britney: In Ten Pictures** (S)(R)(AD)
4.05 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.45 **ITV News** (S)
2.15 **Dickinson's Real Deal** David Dickinson and the team visit Crewe Hall in Cheshire, where newcomer Laurie Scully bids for a vintage hat stretcher. (S)(R)(AD)
3.15 **Deal or No Deal** Stephen Mulhern hosts as contestant Ryan takes on the infamous Banker. (S)(R)(AD)
4.15 **Tipping Point** Game show hosted by Ben Shepherd. (S)(R)
5.15 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.15 **Local News** (S)
6.45 **ITV News** (S)

• *Alternative schedule* If ITV1 show today's World Cup matches, the schedule will be: **4.15pm LIVE Football: World Cup** Coverage of the seventh round-of-16 match at Atlanta Stadium in the USA. Kick-off is at 5.00. (S) **7.35 Local News** (S) **7.45 ITV News** (S) **8.15 LIVE Football: World Cup** The eighth round-of-16 match at BC Place Vancouver in Canada. Kick-off is at 9.00. (S) **11.35 The Assembly** (S)(R) **12.05am Who Wants to Be a Millionaire?** (S)(R) **1.00-3.00am Teleshopping**

7.45 Emmerdale
Monty the dog is in danger, and Kerry urges Caleb to do the right thing. Meanwhile, Paddy arrives with bad news. (S)(AD)
■ This week's episodes will be subject to change

8.45 Coronation Street
Abi and Kevin rush Alfie to hospital with breathing difficulties, while Cassie decides to stake her claim. (S)(AD)
■ This week's episodes will be subject to change

9.45 The Assembly
Actor and writer Stephen Fry faces a grilling from a cast of autistic and learning-disabled interviewers. (S)(R)

10.15 ITV News (S)
10.45 Local News (S)

11.00 **TikTok: Murder Gone Viral**
The case of 17-year-old Charlie Cosser, who was fatally stabbed at an summer party. (S)(R)(AD)
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show hosted by Jeremy Clarkson. (S)(R)
12.50 AM **Teleshopping**
3.00 **Wheel of Fortune** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 1-3/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 3-6/25. (S11) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Paul, Sami and Ren search for a location for their towpath festival. (S)(R)(AD)
5.00 **Chateau DIY** Alison and Zion host their first wedding at Château de la Boutinière. (S)(R)(AD)
6.00 **Four in a Bed** The second visit of the week is to The Red House in Longstowe, Cambridgeshire. (S)(R)
6.30 **Come Dine with Me** Student Saoirse serves a vegan Asian menu on night two in Glasgow. (S)(R)

8.00 Bake Off: The Professionals

7.00 News (S)

8.00 Bake Off: The Professionals New edition 7/10. The six remaining teams take on an autumn-themed retail challenge with apples as a key ingredient, then build a 'World of Candy' complete with a pâtisserie pick 'n' mix. (S)(AD)

9.00 Grand Designs Revisited
Kevin McCloud celebrates the 25th anniversary of the show by making a special revisit to the first project from 1999 in the East Sussex coastal town of Newhaven. (S)(R)(AD)

10.00 24 Hours in A&E
A 38-year-old man is rushed in to A&E after coming off his motorbike at high speed, a skydiver has landed badly, and a six-year-old has swallowed an unknown object. (S)(R)(AD)

11.05 **24 Hours in A&E** (S)(R)(AD)
12.10 AM **Emergency Helicopter Medics** Documentary. (S)(R)(AD)
1.05 **Ramsay's Kitchen Nightmares USA** From Austin, Texas. (S)(SL)(R)
1.55 **NEW Iris Prize Best British Shorts** *Demons*. (S)(AD)
2.20 **Ayena** Documentary. (S)(R)
3.35 **Couples Come Dine with Me** (R)
4.30 **A Cotswold Farmshop** (S)(SL)(R)
5.25 **Sunday Brunch** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Time Will Tell:* 5/23. A murder suspect claims he has travelled back in time. (S)(R)
3.55 **Castle** *Get a Clue:* 6/23. Castle and Beckett investigate a ritualistic murder. (S6) (S)(R)
4.50 **Love Nature** (S)(R)
5.00 **News** (S)
6.00 **Shetland: Scotland's Wondrous Isles** Lifelong crofter Pearl prepares for the annual harvest festival in the church where she and her husband Willie were married. (S)(R)
6.55 **News** (S)

8.00 Life in the Dales

7.00 **Tour de France** Rebecca Charlton presents highlights of the fourth stage of this year's race, a 181.9km journey from Carcassonne to Foix. (S)
7.55 **News** (S)

8.00 **Reuben Owen: Life in the Dales** Reuben and his friends attempt a vintage tractor journey – from the heart of the Yorkshire Dales to the Whitby coast. (S)(R)

9.00 **Lie with Me** 2/4. Lulled into a false sense of security, Anna recommits to Jake. Later, a shocking turn of events leads Anna to discover the truth of what is going on. (S1) (S)(R)(AD)

10.00 **The Poisoning: How to Kill Your Husband** Documentary examining the case of a woman who poisoned her husband in an attempt to cover up the theft of more than £40,000 from his mother. (S)(R)

11.35 **Britain's Most Dangerous Prisoners** The crimes of Joanna Dennehy. (S)(R)
12.35 AM **Cops** (S)(R)
12.55 **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Build Your Dream Home in the Country** Double bill. (S)(R)
3.45 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **The Flash** 11/13. (S9) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Planet Shark** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **The Simpsons** *On a Clear Day I Can't See My Sister:* Lisa decides to take out a restraining order against Bart. (S)(R)
5.30 *Midnight RX:* Homer tries to smuggle medication into the country. (S)(R)
6.00 **The Office (US)** 17/22. Dwight is named Dunder Mifflin's salesman of the year. (S)(R)
6.30 18/22. Michael strikes up a new friendship. (S2) (S)(R)

8.00 Best Medicine

7.00 **The Simpsons** *Goo Goo Gai Pan:* Selma flies to China to adopt a baby. Featuring the guest voice of Lucy Liu. (S)(R)
7.30 *Mobile Homer:* Homer moves into a camper van in the backyard. (S)(R)

8.00 **Best Medicine** New episode *Eyewitness Blues:* 6/13. On the eve of Port Wenn's annual blueberry festival, Martin treats a local man who has apparently turned blue from eating too much of the fruit. (S1) (S)

9.00 **FILM The First Wives Club** Comedy starring Goldie Hawn, Bette Midler and Diane Keaton as three abandoned New York wives who begin plotting their revenge on their errant ex-husbands. With Maggie Smith and Dan Hedaya. (S) (1996, PG, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Football's Funniest Moments** A look at comical incidents from the beautiful game, with contributions from Gary Neville and Chris Kamara. (S)(R)(AD)
1.00 AM **Grimm** 7/22. Nick and his comrades are still reeling from the scope of the ambush and the surprise return of Juliette, who has reappeared in the form of Eve. (S5) (S)(R)
2.00 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** 8/25. (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.40pm River City (S) (AD) **11.10** **FILM** The Lady in the Van (S)(AD) (2015, 12, 100min) ★★★★ **12.50am** Weather for the Week Ahead (S) **12.55-12.55am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Confessions of a Steroid Gang (S)(R) **11.10** First Minister's Questions (S) **12.05am** **FILM** The Lady in the Van: As Scotland. **1.45-1.45am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Paula McIntyre's Hamely Kitchen USA (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.05pm** Cymru, Dad a Fi (AD) **12.30** Heno **1.00** Dim Cwsg i Quinnell (AD) **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Gwesty Aduniad **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cymoedd Roy Noble **6.30** Taclo'r Ty (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Rownd a Rownd (AD) **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France **9.35** Pencampwriaeth Rygbi Dan 20 y Byd **11.20-11.55pm** Y Sin (AD)

TV&Streaming week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall goes on the trail of the saw-scaled viper in India.
7.30 **EastEnders** Avani tries to reach out to Ravi.
8.00 **Sort Your Life Out with Stacey Solomon** Stacey helps the Watling family declutter their home.
9.00 **I Kissed a Girl** New editions 7/10.One diva makes a dramatic exit. **9.50** 8/10.A game-changing Kiss-Off ends in tears.
10.40 **FILM I Am Legend** Sci-fi thriller starring Will Smith. A military scientist fears he is the last man on Earth after a deadly virus kills most of humanity and turns the survivors into vicious nocturnal predators. (2007, 15, 101min) ★★★★
12.10 AM **Top Gear** The team tackle the traffic chaos snowy weather causes in Britain.
1.10 **World Cup 2014**
1.20 **Juice** 2-5/6. (S1)
2.55 **to 3.50** AM **Sort Your Life Out with Stacey Solomon**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Brighton.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Ugly House to Lovely House with George Clarke** Architect Graeme Williamson tries to drag a 1960s house in Claverdon, Warwickshire, into the 21st century and make it fit for a family of five.
6.55 **Location, Location, Location** Kirstie and Phil help house-hunters in Belfast and Co Down.
7.55 **Grand Designs Revisited** Kevin McCloud revisits an experimental amphibious house built on a small island on the River Thames.
9.00 **Ancient Egypt by Train with Alice Roberts** Alice takes the train to Luxor to see Tutankhamun's tomb and his mummified body in the Valley of the Kings.
10.00 **Ancient Autopsy** Professor Suzannah Lipscomb turns forensic detective as she deep dives into the death and final moments of Genghis Khan.
11.05 **999: On the Front Line**
12.10 AM **24 Hours in A&E**
2.15 **999: On the Front Line**
3.20 **to 3.50** AM **The Perfect Pitch**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** An exploration of Britain's southern counties.
7.30 **Only Connect** The Strategists take on the Gamblers in the Grand Final.
8.00 **Keeping Up Appearances** Hyacinth makes plans for an expensive holiday.
8.30 **One Foot in the Grave** A door-to-door salesman causes Victor to see red.
9.00 **The Last Battle of the Vikings** Marine archeologist Jon Henderson tells the story of the Vikings in Scotland.
10.00 **The American Revolution** Series finale 6/6. Supported by the French, Washington wins the decisive victory at Yorktown. In peacetime, Americans aspire for a more perfect union. ■ Entire series on BBC iPlayer
11.00 **Easter Island Origins**
12.00 M'T **Only Connect**
1.00 AM **Great British Railway Journeys** As 7.00pm.
1.30 **The American Revolution**
2.30 **to 3.30** AM **The Tea Trail with Simon Reeve**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** Couples compete in Lincolnshire and Yorkshire.
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks**
7.00 **Hollyoaks** Maddox begins to have suspicions about Jonah.
7.30 **The Simpsons** *Simpsorama: Futurama's* Planet Express crew turn up in Springfield.
8.00 **Below Deck** New edition The adult-film stars' five-day extravaganza at sea is taking its toll on the crew.
9.00 **Gogglebox** Opinions on *Line of Duty, Mastermind* and *Snackmasters.*
10.00 **Gogglebox** Appraisals of *Sex and the City* and *My Octopus Teacher.*
11.05 **Open House: The Great Sex Experiment**
12.10 AM **Naked Attraction**
1.15 **Gogglebox**
2.20 **Below Deck**
3.05 **Abbott Elementary**
3.30 **The Simpsons**
3.55 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Tuesday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 2&3/22. (S8)
2.00 PM **The Rookie** 6/22. Nolan and the team go treasure hunting. (S4)
3.00 **Law & Order: Criminal Intent** 15/22. Three murders are linked to a pre-school with a long waiting list. (S7)
4.00 **Nothing to Declare**

9.00 Irish Blood

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 The Rookie *Heartbreak:* 12/20. Nolan invites everyone over for a party now that he is single. (S1)

9 PM

9.00 Irish Blood *Horseshoe:* 2/6. As Fiona digs deeper, she discovers a web of criminal activity involving horse thefts and cons. (S1)

10 PM

10.00 Blue Bloods *Homefront:* 5/21. Frank launches an investigation when members of the Reagan family are harassed. (S13)
11.00 **The Rookie** 3/22. (S4)
12.00 M'T **FBI** Double bill.
2.00 AM **Fire Country** New episode 2/20. Station 42 face a high-stakes wildfire. (S4)
3.00 **Road Wars**
4.00 **UK Border Force**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Deadwood** 7&8/12. (S1)
10.00 **Homicide: Life on the Street**
12.00 NOON **House of the Dragon**
1.15 PM **Billions** 1&2/12. (S1)
3.25 **House of the Dragon** (S2)
4.40 **Gomorrah** 7/12. Enzo launches new operations in Naples.
5.40 8/12. Genny approaches Scianel to help finance his own war Subtitled. (S3)
6.45 **The Penguin** *Homecoming:* 5/8. Sofia strives to build a new legacy for herself. (S1)

9.00 Faithless

7.55 The Penguin *Gold Summit:* 6/8. Despite his enemies' attempts to smoke him out, Oz seeks to expand his reach, while Victor crosses paths with a former adversary. (S1)

9.00 NEW SERIES Faithless *David:* 1/6. Swedish drama starring Gustav Lindh and Frida Gustavsson. *See feature, page 7.*

10.00 Faithless New episode *The Offer:* 2/6. In 1977, David offers Marianne a lead role. Subtitled. (S1)
■ Entire series on Box Sets
11.00 **Prisoner** 2&3/6. (S1)
1.15 AM **True Detective: Night Country** 1/6. Eight men from a research station in Alaska vanish without a trace. (S4)
2.25 **Homicide: Life on the Street**
4.30 **Sort Of** 3/8. (S1)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.25 **Georgia and Tommy: Baby Steps** Reality series.
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** Reality series.
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Love Island

7.00 The Floor USA Series finale Contestants have their knowledge of Shakespeare and sneakers put to the test.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 Love Island New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.05 Love Island: The Debrief New edition Daily *Love Island* reactions.
10.35 Family Guy 21/30. Quagmire proposes to Peter's housemaid. (S4)
11.05 **Family Guy** 16/30. (S4)
11.35 **American Dad!** (S4&3)
12.35 AM **Bob's Burgers** (S14&13)
1.30 **G'wed** 5/7. (S3)
2.05 **Plebs** 1/8. (S2)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Village That Rose from the Dead:* A man is murdered ahead of the reopening of a deserted village.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Chalk and Cheese:* Romance is in the air for both Bellamy and Gina.

6.55 Heartbeat

6.55 Heartbeat *Smile for the Camera:* Mike and Jackie suffer a terrifying ordeal at the hands of a stalker out for revenge.

8.00 Vera *On Harbour Street:* Investigating the death of a pensioner found stabbed on a busy train, Vera follows the trail to a quiet coastal town where clues appear to lead to one particular street.

10.00 Law & Order: UK *Fatherly Love:* 4/6. A wealthy woman's body is found dumped in the River Thames. (S7)
11.00 **Law & Order: UK** 5/6. An elderly woman is found dead in her flat. (S7)
11.50 **Trial & Retribution** 2/2. The body of a missing five-year-old is found.
2.00 **to 2.30** AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.05 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.30 **Dempsey and Makepeace**
3.35 **Boon**
4.40 **The Champions** *The Search:* A criminal organisation threatens to blow up London.
5.45 **Minder** *The Smaller They Are:* Arthur goes on the trail of a petty criminal who has stolen a suitcase full of money.

7.55 The Motorbike Show

6.55 Aussie Pickers A visit to a collector and junk yard owner who specialises in Furphy water carts.

7.55 The Motorbike Show Henry Cole meets 12-time world champion Dougie Lampkin and learns how to trials ride.

9.00 Ice Road Truckers The truckers decide to team up for safety as the Alaskan temperature rises in the final stretch.

10.00 Wrestling: AEW Collision Hard-hitting action, featuring stars including Thunder Rosa, Jon Moxley and Jay White.
12.30 AM **Made in Britain** How one firm made the wheelbarrows that helped rebuild Britain.
1.00 **Auf Wiedersehen, Pet** Ally's dodgy dealings take a turn.
1.55 **BattleBots**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **My Kind of Town** Ian Hamilton and his guide dog Major visit Arbroath.
8.00 **This Farming Life** Andy and Jo compete at the Royal Highland Show.
9.00 **Confessions of a Teenage Fraudster** 1/3. The story of a 16-year-old call centre worker who went on a five-year crime wave.
9.45 **Growing Up Scottish** Comedians reflect on Scottish art and the appreciation of it.
10.00 **The Troops** 3/3. Operation Hedgehog reaches a dramatic conclusion in Estonia.
11.00 **Jules and Greg's Wild Swim** 4/5. The couple paddleboard to a hidden lagoon on Loch Trool.
11.30 PM **to 12.00** M'T **The Scotts** 2/6. (S2)

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 3&4/10. (S2)
10.00 **I Love LA** 5&6/8. (S1)
11.15 **Will & Grace** (S5)
12.15 PM **Avenue 5** (S1)
1.30 **I Love LA** 5&6/8. (S1)
2.45 **Will & Grace** (S4)
3.45 **Hacks** 3&4/10. (S1)
5.00 **Community** (S4)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** (S2&3)
8.00 **Breeders** 3/10. Paul fears his culturally fragmented family have lost a vital connection.
8.30 4/10. Ava struggles to keep a profound secret from Paul. (S2)
9.00 **FILM Swede Caroline** Mockumentary starring Jo Hartley, Aisling Bea and Ray Fearon. (2024, 15, 98min) ★★★
11.00 **Hacks** 3&4/10. (S1)
12.15 AM **Breeders** (S2)
1.15 **Community** (S4)
2.15 **Two Weeks to Live** (S1)
3.25 **Avenue 5** 7&8/9. (S1)
4.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Cirque du Soleil**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies: The Story of Billy Liar**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Guy Garvey: From the Vaults** Clips from 1989.
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The Myth of Marilyn Monroe** Documentary.
9.00 **I Am Raquel Welch**
10.40 **Inside Guggenheim**
11.55 **Tilda Swinton: The Wildcards**
1.15 AM **A Sudden Glimpse to Deeper Things**
3.00 **Art's Most Satanic**
4.00 **A Play in a Day**
5.00 **to 6.00** AM **Classic Movies: The Story of Billy Liar**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 3/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: The Next Generation** *Family:* 2/26. Picard returns to his roots. (S4)
8.00 **Seven Dials Mystery** Agatha Christie whodunit starring John Gielgud.
10.30 **Nothing to Declare**
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S4)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team of five family and friends take part in the quiz.
3.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

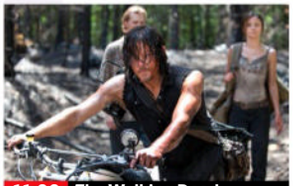
9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Dog House**
8.00 **Location, Location, Location** Catching up with house-hunters in Leeds and west London.
9.00 **24 Hours in A&E** An 11-year-old is rushed in after being hit by a car.
10.00 **24 Hours in Police Custody** A man claims to have killed someone at a hotel.
11.05 **Naked Attraction**
12.05 AM **Celebrity Gogglebox**
1.10 **8 Out of 10 Cats Does Countdown**
2.15 **FILM Smile** Horror starring Sosie Bacon and Kyle Gallner. (2022, 18, 115min) ★★★★
4.20 **to 4.50** AM **Jamie's One-Pan Wonders**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 3&4/13. (S1)
4.00 **Stargate SG-1** 2/22. (S7)
5.00 **Star Trek: Voyager** 22/26. The Doctor helps Seven develop her dating skills. (S5)
6.00 **Star Trek: Enterprise** 19/26. Captain Archer faces a death sentence unless a Klingon lawyer can summon enough enthusiasm to save him. (S2)



11.00 The Walking Dead

7.00 **Stargate Atlantis** *Progeny:* 5/20. An advanced civilisation of disgruntled Replicators puts the team in jeopardy. (S3)

8.00 **Stargate SG-1** *Homecoming:* 2/22. Part two of two. Anubis makes preparations to attack Kelowna. (S7)

9.00 **From** *Fray:* 2/10. A gruesome discovery sends shockwaves through the town. (S4)

10.00 **Grimm** *Cry Havoc:* 22/22. A horrifying discovery leaves Nick stunned and makes him determined to get revenge. (S4)
11.00 **The Walking Dead** 6/16. Daryl is separated from Abraham and Sasha while trying to lure the walker herd away from Alexandria, and encounters a new threat. (S6)
12.00 M'T **Warehouse 13** (S1)
2.00 AM **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S4)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 17/24. (S4)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S4)
4.00 **The Mentalist** 17/24. (S4)
5.00 **Hudson & Rex** 10/20. The maid-of-honour is killed after a bachelorette party. (S5)
6.00 **Father Brown** *The Upcott Fraternity:* The apparent suicide of a student leads the priest to believe a murderer is at work.

10.00 The Hunting Party

7.00 **Unforgettable** *Fire and Ice:* 10/13. Carrie and Al conduct their own secret investigation into a terrorism case. (S3)

8.00 **Death in Paradise** *Murder on Mosquito Island:* 6/8. The leader of a desert island survival course is found dead. (S9)

9.00 **Allegiance** New episode *Shine a Light:* 6/10. Zak and Sabrina investigate a violent home invasion. (S2)
■ Entire series on Box Sets

10.00 **The Hunting Party** *Arlo Brandt:* 6/10. A hoarder-turned-serial killer emerges from the Pit with new-found purpose. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Death in Paradise** (S9)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** 8/13. A telephone operator hears a woman being killed. (S4)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
8.40 **The Green Green Grass**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.20 **dinnerladies**
12.40 PM **Keeping Up Appearances**
1.20 **Dad's Army**
2.00 **Open All Hours**
2.40 **The Green Green Grass**
3.20 **Are You Being Served?**
4.00 **Dad's Army**
4.40 **Keeping Up Appearances**
5.20 **Last of the Summer Wine**
6.40 **dinnerladies**

11.15 Bottom

7.20 **dinnerladies** The girls celebrate Japanese-style at their work party. Guest stars Jack Smethurst.

8.00 **Keeping Up Appearances** Hyacinth's father goes to the register office to be married.
8.40 **Dad's Army** Pike receives his call-up papers and passes his medical.
9.20 **Not Going Out** Lee tries to prove his manliness by going on a camping trip.

10.00 **Red Dwarf** Rimmer and Lister arrive back on Earth. **10.35** Rimmer and Lister find themselves marooned on an icy planet.
11.15 **Bottom** Richie prepares for his birthday celebrations.
11.55 **Mrs Brown's Boys**
12.35 AM **Men Behaving Badly**
1.10 **Not Going Out** As 9.20pm.
1.50 **Mrs Brown's Boys**
2.30 **Men Behaving Badly**
2.55 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Gadget Man** Double bill.
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Secret France**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **The Americas with Simon Reeve** Central America.
4.00 **The Hairy Bikers' Bakeation**
5.00 **Rick Stein's Secret France** Rick's journey takes him to the Mediterranean coast. **6.00** The chef visits the Languedoc and Provence.

5.00 Rick Stein's Secret France

7.00 **Mortimer & Whitehouse: Gone Fishing** The Crogen Estate in north Wales.
7.40 **Would I Lie to You?** With Charlie Brooker, Hannah Fry, Danny Jones and Shaparak Khorsandi. **8.20** With Craig Charles, Amy Gledhill, Shazia Mirza and Jeremy Vine.

9.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts, with guests Ivo Graham and Isabel Hardman.

10.00 **QI XL** Host Sandi Toksvig puts the UK-US 'special relationship' under the microscope, with Kemah Bob, Alex Edelman, David Mitchell and Alan Davies.
11.00 **8 Out of 10 Cats** With Joel Dommett, Rosie Jones, Ovie Soko and Catherine Bohart.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Jordan Gray.
3.00 **to 4.00** AM **8 Out of 10 Cats**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.30 **Doctors**
9.50 **Classic Holby City**
11.05 **Casualty**
12.05 PM **The Bill**
1.05 **Classic EastEnders**
2.20 **Tenko**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Clegg helps a man realise his dream. Guest stars Tommy Cannon and Bobby Ball. **6.40** Clegg climbs a tree.

4.20 Lovejoy

7.20 **Last of the Summer Wine** A renowned womaniser turns his attentions to Nora Batty. With Roy Barraclough.

8.00 **'Allo 'Allo!** Gruber rescues Rene from his cell. **8.30** Leclerc and Rene devise a plan to blow up Gruber's bedroom.

9.00 **'Allo 'Allo!** Rene and Leclerc are surprised at the contents of the safe.
9.35 **New Tricks** *Last Man Standing – Part Two:* Gerry fights to clear his name before his enemies catch up with him, while Sasha and Steve enlist Fiona to help examine the evidence.
11.00 **Silent Witness** *Coup de Grace:* Nikki's testimony leads to the release of a convicted killer. With Tobias Menzies.
1.15 AM **Lovejoy**
2.30 **Waiting for God**
3.00 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S18&19)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Thick as Thieves:* 15/21. Parker's delinquent past resurfaces during an NCIS investigation. **7.00** *The Wake:* 16/21. The officers are led to the case of a missing teacher popularised on a true crime podcast. **8.00** *Starting Over:* 17/21. The team look into the apparent suicide of a retired officer. (S19)
9.00 **Law & Order** *Catch and Kill:* 1/22. When a Brooklyn prosecutor is found slain in her home, Maroun tries to convince an eyewitness to come forward and testify. (S24)
10.00 **Law & Order: Special Victims Unit** (S12&13)
1.50 AM **Beauty and the Beast** 11&12/22. (S1)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Killer on the Line** 1/8. A look at murders that were planned and premeditated, beginning with Dominic Isom, who killed his fiancée in 2015.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **Scam City**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Traffic Cops**
10.35 **Police Interceptors**
11.35 **Gunsmoke** (S12)
12.35 PM **FILM Horizons West** Western drama. (1952, PG, 81min) ★★
2.20 **FILM The Walking Hills** Western adventure. (1949, b/w, PG, 78min) ★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PCs Billy Stead and Nathan Saltmer are on the tail of a possible cloned BMW.
9.00 **Police Interceptors**
10.00 **Police Code Zero: Officer Under Attack**
11.00 **The X-Files** 14/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Abandoned Engineering** Double bill.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
3.00 **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build**
8.00 **999 Rescue Squad** The emergency response team attempt to seal a major chemical spill.
9.00 **The Pike County Murders: A Family Massacre** New edition As investigators zero in on the Wagners, the family begin to feel the heat.
10.00 **Searching for Satoshi: The Mysterious Disappearance of the Bitcoin Creator**
11.00 **Antiques Road Trip**
1.00 AM **Ambulance Australia** Documentary.
1.50 **to 3.00** AM **Dangerous Breed: Crime. Cons. Cats**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **The World at War**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **The World at War**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Frozen Planet II**
8.00 **Bangers & Cash** Paul and Charlie collect a Daimler Sovereign. **9.00** Derek meets a kindred spirit who is parting with his TR7. **10.00** Derek picks up a trio of classic cars. **11.00** Derek collects a 1970 Opel GT and a 1956 Ford Hot Rod pickup.
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** A clock collection.
8.00 **Antiques Road Trip**
9.00 **Rich House, Poor House** A property investor swaps homes with a single mother living on £53 a week.
10.00 **Who Do You Think You Are?** With actor Anna Maxwell Martin.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

TUESDAY Entertainment

Tuesday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S3)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 15&18/22. (S9)
1.00 PM **The Waltons** (S3)
4.00 **Little House on the Prairie** 19&20/22. (S9)
6.00 **Ballykissangel** (S6)
7.00 **M*A*S*H** 13/25. Part one of two. Hawkeye and Hot Lips make a truce. **7.30** 14/25. Part two of two. Hawkeye and Hot Lips become lovers. **8.00** 16/25. Hawkeye and BJ refuse to wash until Charles stops playing his French horn. **8.30** 17/25. A local jewellery dealer helps the 4077th by making a surgical clamp. (S6)
9.00 **Brush Strokes** (S1)
11.00 **Robin's Nest** (S6&11)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **FILM Johnson County War – Part 1** Western. (2002, 12) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** Double bill.
3.00 **FILM Hell in Normandy** World War Two drama. (1968, PG, 89min) ★★
5.10 **FILM Jetstream** Thriller. (2012, 12, 88min) ★★
7.00 **FILM End of a Gun** Action thriller starring Steven Seagal. (2016, 15, 87min) ★★
9.00 **FILM The 13th Warrior** Action adventure. (1999, 15, 103min) ★★★
11.15 **FILM Mercenary: Absolution** Thriller. (2015, 18, 91min) ★★
1.05 AM **Dragon Ball Super**
2.05 **Coast Guard Alaska**
4.15 **to 5.50** AM **FILM Meteor Storm** Sci-fi. (2010, 12, 90min) ★

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Hailey Dean Mysteries** Double bill.
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S2)
2.00 **Castle** 19/24. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 20/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** (S2)
10.00 **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** Crime drama starring Jesse Metcalfe. (2020, PG, 84min) ★★
11.55 **FILM Lost Letter Mysteries: Signed Sealed Delivered** Drama with Eric Mabius. (2013, PG, 87min) ★★
1.50 AM **FILM Staged Killer** Suspense thriller. (2019, 12, 88min) ★★
3.20 **to 5.00** AM **FILM I Almost Married A Serial Killer** Thriller. (2019, 12, 90min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Matching Hearts** Romantic drama. (2020, PG, 90min) ★★
10.10 **FILM Baked with a Kiss** Comedy. (2022, PG) ★★
12.05 PM **FILM The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
2.00 **FILM Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
3.55 **FILM Aloha With Love** Romantic comedy. (2022, PG, 90min) ★★
5.50 **FILM Love in Translation** Drama. (2021, U, 88min) ★★
7.50 **FILM One Perfect Match** Comedy. (2023, PG, 87min) ★★
9.45 **FILM Raise a Glass to Love** Romantic drama. (2021, PG, 84min) ★★
11.50 **FILM Shifting Gears** Drama. (2024, U) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Mix Up in the Mediterranean**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Love Your Garden**
2.00 **Country House Auction**
3.00 **New Home DIY**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Love Your Garden**
7.00 **Garden Rescue** Charlie Dimmock and Chris Hull head to Exeter to convert a garden for two NHS nurses. **8.00** Flo Headlam and Lee Burkhill transform a garden for a pair of junior doctors in Cowbridge.
9.00 **Yorkshire by the Sea**
10.00 **FILM Cruel Passion** Drama with Koo Stark. (1977, 18, 99min) ★★
12.00 M'T **FILM Adventures of a Private Eye** Comedy. (1977, 18, 92min) ★
2.00 AM **This Farming Life**
3.15 **Robson Green's Weekend Escapes**
4.00 **to 5.00** AM **New Home DIY**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor at Large**
10.30 **Two's Company** (S4)
11.00 **The Fenn Street Gang**
11.30 **The Dustbinmen** (S3)
12.00 NOON **Randall and Hopkirk (Deceased)**
1.00 PM **Hallelujah** (S2)
1.30 **The Gaffer** (S2)
2.00 **Second Thoughts** (S1)
2.30 **The Fenn Street Gang**
3.00 **Hank the Cowboy**
3.15 **We Had One of Those**
3.25 **Boon** 9/13. (S4)
4.30 **Further Out of Town**
5.00 **Stereo Underground**
6.00 **The Gaffer** (S2)
6.30 **Only When I Laugh**
7.00 **Two's Company** (S4)
7.30 **Doctor at Large**
8.00 **Randall and Hopkirk...**
9.00 **Drop the Dead Donkey**
10.00 **FILM Spaced Out** Sci-fi comedy. (1979, 18) ★★
11.35 **FILM Orgy of the Dead** Horror. (1965, 18) ★★
1.25 AM **Stereo Underground**
2.25 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A new generation braves the sea, forging unlikely alliances across the fleet.
9.00 **Sewer Divers** In Mount Vernon, an abandoned sewer line is overwhelmed by stagnant human waste.
10.00 **Dirty Jobs** Mike takes on his hardest construction job yet.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin: Delicious** Four editions.
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake**
9.00 **NEW SERIES Jamie's 5 Ingredient Mediterranean Meals** Featuring recipes with just five ingredients.
10.00 **100 Cooks** New edition A burger battle.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 10/28. (S1)
9.00 **T.J. Hooker** 5/19. (S5)
10.00 **Babylon 5** 21/23. (S1)
11.00 **FILM Super Cyclone** Disaster movie. (2012, 12, 90min) ★
1.00 PM **FILM The Brink's Job** Crime comedy. (1978, PG, 103min) ★★★
3.00 **FILM The Jigsaw Man** Cold War spy drama. (1983, 15, 91min) ★★
5.00 **Star Trek** 12/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 22/23. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM No Escape** Thriller. (2014, 15, 101min) ★★★
11.05 **FILM Conan the Barbarian** Action fantasy adventure. (2010, 15, 112min) ★★
1.20 AM **FILM Beyond the Law** Action thriller. (2019, 15, 89min) ★
3.10 **to 4.55** AM **FILM Nomads** Horror. (1986, 15, 89min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Gambler: The Adventure Continues**
11.00 **Andromeda** 13/22. (S3)
12.00 NOON **FILM The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
2.00 PM **The Gambler: The Adventure Continues**
4.00 **Walker, Texas Ranger**
5.00 **FILM Mammoth** Sci-fi thriller starring Vincent Ventresca. (2006, 12, 90min) ★★★
7.00 **Andromeda** 14/22. (S3)
8.00 **The A-Team** 9/23. (S2)
9.00 **FILM Warrior** Action drama with Joel Edgerton and Tom Hardy. (2011, 12, 140min) ★★★★
11.55 **FILM Shout at the Devil** Action adventure set in 1913 Zanzibar, starring Lee Marvin. (1976, 15, 147min) ★★
3.05 AM **FILM Mammoth**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.45 **Pawn Stars**
7.30 **Full Custom Garage**
8.25 **Junk & Disorderly**
9.20 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Outback Wreckers** Series finale
3.05 **Full Custom Garage**
4.05 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Storage Wars Canada**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Outback Wreckers**
10.00 **Junk & Disorderly**
11.00 **Swamp People: Serpent Invasion**
12.00 M'T **Chaos Uncut**
1.00 AM **Alien Files: Unsealed** The complex relationship between presidents and aliens.
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn: Behind the Deal**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
10.55 **Ben Fogle: New Lives...**
11.55 **All Creatures Great and Small** 7/7. (S1)
1.10 PM **Murder, She Wrote**
3.10 **Columbo**
5.00 **Coastal Britain with Helen, Jules & JB**
6.00 **The Secret Life of Trees**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Ellis** *Ashenham – Part Two:* 2/4. The case takes an unexpected turn when a local boy disappears. (S2)
10.00 **The Madame Blanc Mysteries** *Kidnap:* 5/6. A birthday celebration is interrupted by a kidnapping. (S3)
11.00 **Prisoner: Cell Block H**
1.05 AM **Secrets of the Royal Palaces**
3.05 **Coastal Britain with Helen, Jules & JB**
3.55 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Quiz show.
8.00 **The Chase** Double bill of the quiz show.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Celebrity Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **1000-lb Sisters** Series finale The family gather to see Amy get married, but a confrontation could derail Amy's big day.
10.00 **NEW SERIES Suddenly Amish** Six outsiders flee the chaos of modern society for a chance to join a remote Amish community, but harsh rules and culture shock ignite instant conflict.
11.00 **Dr Pimple Popper**
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S6)
9.00 **Everybody Loves Raymond** (S9)
11.00 **The Upper Hand**
1.00 PM **Friends** (S3)
8.00 **Friends** 15/25. Rachel and Ross take a break from each other. **8.30** 16/25. Rachel learns about Ross's infidelity. (S3)
9.00 **Jimmy Carr's Am I the A**hole?**
10.00 **Mr Bean** Double bill.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **South Park**
2.00 AM **Teachers** (S3)
2.30 **Rosie Jones Tries to Help** With Jayde Adams.
2.40 **The Pep Talk**
2.45 **David O'Doherty: Comedy Central Live**
3.05 **Ardal O'Hanlon: Comedy Central Live**
3.30 **Alan Carr Live: Spexy Beast** Stand-up show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S9)
6.50 **Modern Horror Stories**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S1)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S9)
7.00 **Michael McIntyre's Big Show** With Alexander Armstrong, OneRepublic and Russell Howard.
8.00 **The Upper Hand** (S2)
9.00 **Friends**
1.00 AM **8 Out of 10 Cats Uncut** With Tess Daly.
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Most Ridiculous**
3.35 **New Girl** 10-13/22. (S5)
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 9/14. (S5)
10.50 **Steptoe and Son** (S7)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.35 PM **Man About the...**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 2/15. Drama. (S3)
2.40 **Minder** 10/13. (S2)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 9/14. (S5)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp Xmas 1975**
6.40 **Steptoe and Son** (S7)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 3/13. (S9)
9.00 **Benidorm** 3/7. (S4)
10.00 **Shameless** 6/8. (S3)
10.55 **Man About the House**
11.25 **Mind Your Language**
12.00 M'T **Benidorm** 3/7. (S4)
12.55 AM **Minder** 12/13. (S2)
2.00 **Duty Free** 7/7. (S3)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: Troublemakers**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Catfish UK**
8.00 **Judge Judy**
8.30 **MTV Cribs**
9.00 **Skin A&E**
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo, and Lolo Wood discover why lamps aren't always a bright idea.
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Filthy Fortunes**
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made: Sports Equipment** Four editions of the series, including at: **4.30** The manufacture of winter alpine sports equipment.
5.00 **Alaska: Homestead Rescue** An unexpected accident leads to a construction site injury. **6.00** Matt deals with the threat of a mysterious predator.

10.00 The Last Woodsmen

7.00 **Shorty's Dream Shop** Shorty and the team take on the challenge of revamping a Vietnam veteran's 1969 C10.
8.00 **Shorty's Dream Shop** A 1971 Cutlass is showing its age with styling best left in the 1970s.
9.00 **Deadliest Catch** New edition The *Cornelia Marie* crew battle a fire as Jake's engine room begins to fill with smoke.
10.00 **The Last Woodsmen** New edition Jared targets abandoned timber for a crucial addition to payday.
11.00 **Expedition X** The team investigate alien activity in Norway's Hessdalen Valley.
12.00 M'T **Caught!**
1.00 AM **Deadliest Catch**
2.00 **The Last Woodsmen**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that reacts violently to a tiny dog. **4.00** A feline prevents a couple from choosing to add a baby to their family.
5.00 **Lone Star Law**
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a dog suffering with a mysterious injury.

8.00 Guardians of the Glades

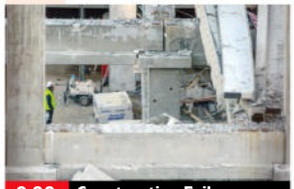
7.00 **Treehouse Masters** Pete Nelson builds a barn-like birdhouse for two retirees on their Wisconsin farm.
8.00 **Guardians of the Glades** Dusty treks deep into Florida for his last stand along the python tourniquet.
9.00 **Alaska: The Last Frontier** Eve kills chickens with her children to teach them about the circle of life.
10.00 **Alaskan Bush People: Book of Noah** Featuring an in-depth interview with Noah Brown, the clan's very own 'Mr Fix-It'.
11.00 **The Haunted** A girl's ghost hunting may have attracted paranormal trouble.
12.00 M'T **Crikey! It's the Irwins** A tiger has an eye check.
1.00 AM **Alaska Monsters**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering Europe**
11.00 **Car S.O.S**
12.00 NOON **Seconds from Disaster**
1.00 PM **Air Crash Investigation**
2.00 **Secret Nazi Science**
4.00 **Ancient Structures: Secrets Revealed** Documentary.
5.00 **Egypt's Lost Wonders: Drain the Oceans** Discoveries found at the bottom of the Nile.
6.00 **World War II: Secrets from Above** In 1942, the Nazis develop the world's first cruise and ballistic missiles.



9.00 Construction Fails

7.00 **Air Crash Investigation** Experts investigate the case of military cargo plane that crashed just seconds into a flight.
8.00 **Mega Marine Machines** New edition Wind-powered machines in southern France, including a record-breaking train.
9.00 **Construction Fails** Shocking engineering failures, including collapsing bridges and crumbling buildings.
10.00 **Destruction Decoded** Forgotten shipwrecks and disasters at sea.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Car S.O.S** An Opel Manta GTE.
2.55 **To Catch a Smuggler**
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** An incredible legend about Skinwalker Ranch is highlighted by Dr Travis Taylor.
6.30 **Digging for Britain**
9.15 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **American Pickers**
1.00 PM **World War II: Witness to War** Five editions.
6.00 **American Pickers** In Illinois, Mike uncovers the mother lode of saloon relics and decides to gamble big money on a rare slot machine.

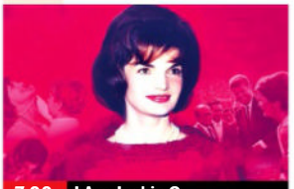
9.00 World War II

7.00 **Forged in Fire** Previous champions have to pick a box and build a signature blade using whatever method is inside.
8.00 **Hitler's Engineers** Exploring the Nazi past of Nasa engineer Wernher von Braun.
9.00 **World War II with Tom Hanks** New editions The Allies mount an invasion of occupied France. **9.55** The Allies and the Japanese clash in the jungles and plains of Asia.
10.50 **Original Gangsters with Sean Bean** The actor takes a deep dive through a rogues' gallery of some of the most notorious criminals in history.
11.50 **Original Gangsters with Sean Bean** The story of Al Capone, who basically created the gangster archetype seen on screen – and the streets.
12.50 AM **World War II: Witness to War** Four editions.
4.35 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Harrison Ford**
8.00 **The Directors**
9.00 **The Movies**
10.00 **Janet Jackson**
11.00 **Escobar by Escobar**
12.00 NOON **Bruno v Tyson**
1.45 PM **My Icon: Duke McKenzie**
2.00 **FILM Bobby** Documentary celebrating Bobby Moore. (2016, PG, 95min) ★★★★
4.00 **The Directors**
5.00 **Discovering: Harrison Ford**
6.00 **Dart Kings** A look at the sport in the 1970s, 1980s and 1990s.



7.00 I Am Jackie O

7.00 **I Am Jackie O** A profile of Jackie Kennedy Onassis, providing a definitive exploration of her life, from First Lady to widow, unofficial royalty and fashion icon.
8.45 **My Icon: Denise Lewis** The former heptathlete discusses her inspirations.
9.00 **Boyzone: No Matter What** 1/3. Documentary about the boy band, featuring rare interviews with the members.
10.00 **Boyzone: No Matter What** 2/3. Charting the band's growing success with their first number one single.
11.00 **Boyzone: No Matter What**
12.00 M'T **FILM Gascoigne** Documentary about former footballer Paul Gascoigne. (2015, 15, 86min) ★★★
1.45 AM **My Icon: Thierry Henry**
2.00 **NEW SERIES Katie Price: Nothing to Hide** Documentary.
3.00 **Bardot** Documentary.
5.00 **to 6.00** AM **Discovering: Harrison Ford**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Truckers**
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** From Coventry.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Shed and Buried: Classic Cars** Henry and Fuzz visit Danny in Basingstoke to check out his huge collection.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster: Abuse of Power**
5.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Body Cam** New editions A terrifying home invasion in Utah. **10.00** A man driving an excavator attacks officers.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The story of Gary Cunningham.
8.00 **UK Crime Files: The Railway Killers** The case of John Duffy and David Mulcahy.
9.00 **UK Crime Files: The Longest Murder Trial** The story of the murder of Lynette White.
10.00 **Killers: Caught on Camera** A Thanksgiving party ends in tragedy.
11.00 **New Scotland Yard Files** Documentary.
12.00 M'T **UK Crime Files: The Railway Killers**
1.00 AM **UK Crime Files: The Longest Murder Trial** As 9.00pm.
2.00 **Killers: Caught on Camera** As 10.00pm.
3.00 **Murder UK**
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Female Killer**
9.55 **UK Crime Files: Murderous Marriage**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Head on the Beach**
3.00 **UK Crime Files: Murder: Buried Alive**
4.00 **Secrets of a Murder Detective** Documentary.
5.00 **Medical Detectives** A young woman vanishes. **5.30** A witness's home explodes after he gives his testimony. **6.00** A student is found brutally murdered. **6.30** Police rule out the accidental death of a drowning victim.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **Murder Uncut**
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killer in My Village**
10.00 **Catching the Killer**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Mark Goudeau.
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Britain's Most Evil Killers**
4.00 **A1: Britain's Longest Road** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **1066: A Year to Conquer England**
9.30 **WWII in Colour: Road to Victory**
10.35 **Immortal Egypt with Joann Fletcher**
11.55 **The War** As 9.45pm.
1.00 PM **1066: A Year to Conquer England**
2.30 **WWII in Colour: Road to Victory**
3.35 **Immortal Egypt with Joann Fletcher**
4.55 **The War** As 9.45pm.
6.00 **1066: A Year to Conquer England**
7.20 **WWII in Colour: Road to Victory**
8.30 **Immortal Egypt with Joann Fletcher**
9.45 **The War** How ordinary Americans' began to fear defeat in WWII.
10.55 **WWII in Colour: Road to Victory**
12.00 M'T **Immortal Egypt with Joann Fletcher**
1.20 **to 2.00** AM **Weathered: Earth's Extremes**

TUESDAY

Tuesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hunters**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Africa's Hunters**
6.00 **Predators**
7.00 **Monkey Life** Double bill.
8.00 **Wild Science** Cameras get up close with the hippo.
9.00 **Islands** Hyenas claim and defend the largest island in the Okavango Delta.
10.00 **Predators** A community of polar bears struggle to survive.
11.00 **Africa's Hunters**
12.00 M'T **Wild Rockies**
1.00 AM **Hope for Wildlife**
2.00 **Wild Science** As 8.00pm.
3.00 **Islands** As 9.00pm.
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Ships**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **WWII's Most Daring Raids**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** The team use high-tech sidescan sonar and deep sea magnetometers to search for evidence after learning of an encounter with an underwater phenomenon.
8.00 **Hell on Earth: WWII** Documentary exploring the story of World War Two.
9.00 **The UnXplained: Mysteries of the Universe** Actor William Shatner explores the Sun, its creation and finite status.
10.00 **Secrets of the Hells Angels** A Hells Angel proves his loyalty to the gang by leading a mass slaughter of their enemies.
11.00 **Ancient Aliens**
1.00 AM **UFO Hunters**
2.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
10.00 **Alien Highway**
11.00 **Codes and Conspiracies**
1.00 PM **Secrets Underground**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?**
9.00 **Incredible Engineering Blunders: Fixed** Justin Cunningham goes inside an offshore wind turbine to find out how a fault that could cause the structures to fall into the North Sea is being fixed by engineers.
10.00 Justin heads to Louisiana to investigate gigantic potholes, before going to London to get a sneak preview of the vast Crossrail project.
11.00 **The Explosion Show** Tory Belleci and Streetbike Tommy check out one of the world's largest fireworks companies.
12.00 M'T Experts use explosives to turn mountains into gravel-sized bits.
1.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Murder Detective**
2.00 PM **Green Eyed Killers**
3.00 **Murdered by Morning**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48** In Tulsa, detectives search for a man on the run.
8.00 **Green Eyed Killers** A troubled teenager's life ends in tragedy.
9.00 **Staged: Deadly Deception** New edition Police receive a frantic emergency call about a masked intruder.
10.00 **The Death Investigator with Barbara Butcher** New edition A missing man's body is discovered in his own car.
11.00 **Very Scary People**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Staged: Deadly Deception**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **America's Wild Heartlands**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo**
1.00 PM **Snakes in the City**
2.00 **Hammerhead Sharks Up Close with Bertie Gregory**
3.00 **Shark Men**
4.00 **Fish My City**
5.00 **The Incredible Dr Pol**
6.00 **Yukon Vet Compilation**
7.00 **Secrets of the Zoo** Vets rush to save a pregnant warthog's life.
8.00 **When Predators Attack** A look at how crocodiles have remained dominant predators since prehistoric times.
9.00 Footage of bears hunting prey – including humans.
10.00 **Northwoods Survival** Margot pushes to complete her home.
11.00 **Ice Road Rescue**
12.00 M'T **Alaska Animal Rescue**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Swamp Men**

Discovery History

161/172 147 181

7.00 AM **Houdini's Last Secrets**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts explore the problems with proving or disproving the existence of aliens.
8.00 **Houdini's Last Secrets** Experts recreate the famed bullet catch trick to uncover how Houdini could have accomplished it.
9.00 **Legendary Locations** Six legendary locations that have withstood the test of time.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Inside the Ambulance: Coast and Country**
1.00 PM **Inside the Ambulance: Coast and Country**
5.00 PM **Hornby: A Model World** Designer Phil takes on his toughest challenge yet – a reinvention of the Black Fives, encompassing all 842 variations.
6.00 For the first time in 50 years, the Airfix team attempt a 1:24 scale kit of a Spitfire.
7.00 Simon and Montana attempt the hard sell at the Dorset Steam Fair.
8.00 Company staff, enthusiasts and celebrities pick the top 10 products and innovations that have most impressed and inspired them.
9.00 The iconic locomotive *Flying Scotsman* is scaled down 120 times from real life, rendering some features almost invisible to the naked eye.
10.00 **Hornby: A Model World**
5.30 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

8.00 AM **Murder Comes to Town**
12.00 NOON **Evil Online**
1.00 PM **American Monster**
3.00 **Love the Way You Lie**
5.00 **Twisted Love**
7.00 **Betrayed** The case of church-going mother Marilyn Reza, found dead in her home. Officers suspected parishioners and a secret confession at her funeral revealed the killer.
8.00 Focusing on the case of Kathy Goble. The twice-divorced mother-of-two was finally making herself a priority, but her new lifestyle choices lead to a brutal and deadly betrayal.
9.00 **Signs of a Psychopath** The shooting of a family in their sleep leads detectives to uncover a killer they would never expect.
9.30 A remorseless psychopath plans to take revenge against the people closest to him.
10.00 **Evil Lives Here**
12.00 M'T **Twisted Sisters**
2.00 AM **Love the Way You Lie**
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead: Born Mechanic**
3.00 **The Explosion Show**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** New edition Mike and his friends transform a Miata into the ultimate nitrous toy.
9.00 **Outback Truckers**
10.00 **The Explosion Show**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Workshop** Richard pushes the Smallest Cog to clinch their most important restoration.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
8.00 **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★
10.00 **LifeHack** Thriller with Georgie Farmer. (2025, 15, 97min)
11.50 **Bugonia** As 8.00pm.
2.00 PM **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
3.50 **Strung** Thriller starring Chloe Bailey. (2026, 15, 119min)
6.00 **Civil War** Action thriller. (2023, 15, 109min) ★★★★

10.10 Black Phone 2

8.00 Bugonia Offbeat comedy thriller starring Emma Stone, Jesse Plemons and Aidan Delbis. Two conspiracy-obsessed men kidnap the high-powered CEO of a company, convinced she is an alien intent on destroying Earth. (2025, 15, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Black Phone 2 Thriller sequel starring Ethan Hawke. The survivor of a serial killer attempts to stay alive when the vengeful psychopath he thought he killed returns. (2025, 18, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Lee Cronin's The Mummy** Supernatural horror starring Natalie Grace and Jack Reynor. (2026, 18, 134min) ★★★
2.35 **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
4.20 **to 6.05** AM **No Ordinary Heist** As showb at 2.00pm.

Sky Cinema Bourne

303 303 403 503 517

6.50 AM **The Bourne Ultimatum**
9.00 **The Bourne Legacy** (2012)
11.30 **Jason Bourne** As 10.20pm.
1.45 PM **The Bourne Identity**
4.00 **The Bourne Supremacy** Spy thriller sequel based on Robert Ludlum's novel, starring Matt Damon and Brian Cox. (2004, 12, 108min) ★★★★
5.50 **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon and Julia Stiles. (2007, 12, 115min) ★★★★

4.00 The Bourne Supremacy

8.00 The Bourne Legacy Spy thriller sequel with Jeremy Renner and Rachel Weisz. A genetically enhanced secret agent goes on the run with his supervisor when his life is threatened from within his organisation. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Jason Bourne Spy thriller sequel starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Julia Stiles. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Bourne Identity** Spy thriller starring Matt Damon and Franka Potente. (2002, 12, 119min) ★★★★★
2.35 **The Bourne Supremacy**
4.35 **to 6.40** AM **The Bourne Ultimatum** As 5.50pm.

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
7.45 **An Officer and a Gentleman** Romantic drama with Richard Gere. (1981, 15, 125min) ★★★★
10.00 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
12.10 PM **The Last Rifleman** Drama. (2022, 15, 115min) ★★★
2.00 **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★
4.35 **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
6.20 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
8.00 **Dreamgirls** Musical based on the hit Broadway show inspired by the story of Diana Ross and The Supremes, starring Jamie Foxx, Beyoncé Knowles, Eddie Murphy and Jennifer Hudson. (2006, 12, 130min) ★★★★
10.15 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
12.15 AM **Grease 2** Musical sequel starring Michelle Pfeiffer. (1982, PG, 109min) ★★
2.15 **Flashdance** As 6.20pm.
3.55 **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★
5.45 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

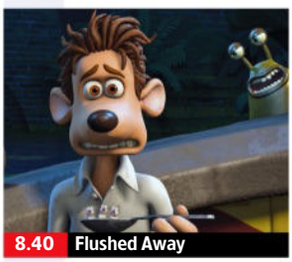
6.30 AM **The Front Room** (2024)
8.20 **Zombie Town** As 4.10am.
10.05 **Ghostbusters** Fantasy comedy. (2016, 12, 113min) ★★★
12.15 PM **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
2.10 **Pet Sematary** Horror thriller. (2019, 15, 101min) ★★★
4.05 **The Front Room** Horror. (2024, 15, 94min) ★★
5.55 **Interview with the Vampire** Gothic horror thriller. (1994, 18, 122min) ★★★★
8.00 **The Conjuring: Last Rites** Supernatural horror with Vera Farmiga and Patrick Wilson. (2025, 15, 135min) ★★★
10.20 **The Exorcist** Occult horror chiller starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. A priest battles to exorcise a powerful demon possessing a young girl. (1973, 18, 121min) ★★★★★
12.25 AM **Smile 2** Horror sequel. (2024, 18, 127min) ★★★★
2.35 **Brightburn** Superhero horror. (2019, 15, 90min) ★★★
4.10 **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
5.45 **to 6.35** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.15 AM **The SpongeBob Movie: Search for SquarePants**
8.50 **Grand Prix of Europe** (2025)
10.30 **Shark Tale** As 11.40pm.
12.05 PM **Wicked** As 6.00pm.
2.45 **Grand Prix of Europe** Animation. (2025, U, 98min)
4.25 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
6.00 **Wicked** Musical with Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★



8.40 Flushed Away

8.40 **Flushed Away** Animated comedy adventure featuring the voices of Hugh Jackman and Kate Winslet. A posh rat ends up in the London sewers and joins forces with a streetwise rat in his effort to get back home. (2006, U, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Secret Life of Pets** Animated adventure with the voice of Louis CK. Two bickering hounds must put their differences aside and pull together while lost in New York. (2016, U, 83min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Shark Tale** Animated comedy with the voice of Will Smith. (2004, U, 90min) ★★★★
1.20 AM **Transformers One** Animated sci-fi adventure. (2024, PG, 104min) ★★★★
3.10 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
4.40 **to 6.15** AM **Flushed Away**

Sky Cinema Action

306 306 407 507 521

6.05 AM **Love Hurts** As 2.15am.
7.40 **Safe House** As 3.45am.
9.15 **The Legend of Tarzan** Adventure. (2016, 12) ★★★
11.15 **Days of Thunder** Drama. (1990, 15, 107min) ★★★
1.10 PM **Justice League** Adventure. (2017, 12, 120min) ★★
3.20 **Kong: Skull Island** Adventure. (2017, 12, 118min) ★★★★
5.30 **Bad Boys II** Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★★

10.20 The Long Kiss Goodnight

8.00 **Shazam!** Comedy adventure starring Zachary Levi. Youngster Billy Batson is chosen by the ancient wizard Shazam as his new champion, and receives various superpowers. With Mark Strong. (2019, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Long Kiss Goodnight** Action thriller starring Geena Davis and Samuel L Jackson. An amnesiac schoolteacher uncovers her secret past as a crack CIA assassin. (1996, 18, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Streetfighter** Action drama. (1994, 12, 102min) ★★
2.15 **Love Hurts** Action comedy. (2025, 15, 83min) ★★
3.45 **Safe House** Crime thriller. (2025, 15, 90min) ★★★
5.20 **to 7.30** AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
9.05 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
11.05 **Blades of Glory** As 1.40am.
12.55 PM **Instant Family** Comedy. (2018, 12, 118min) ★★★★
3.00 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
4.35 **Sex Tape** Comedy with Jason Segel. (2014, 15, 94min) ★★
6.20 **Adult Life Skills** Comedy. (2016, 15, 114min) ★★★

6.20 Adult Life Skills

8.00 **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans and Alec Baldwin. (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Police Academy** Comedy starring Steve Guttenberg, Kim Cattrall, GW Bailey and Bubba Smith. A city police force opens its doors to some very unlikely recruits. (1984, 15, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The 'burbs** Offbeat comedy. (1989, PG, 103min) ★★★
1.40 AM **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
3.15 **Notting Hill** As 8.00pm.
5.25 **The Cinema List: Bingeable**
5.45 **to 7.35** AM **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.30 AM **A Place Called Silence** Thriller. (2024, 15) ★★★
9.40 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
12.00 NOON **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
1.55 PM **No Country for Old Men** The Coen Brothers' thriller. (2007, 15, 122min) ★★★★
4.10 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
5.55 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★

10.15 The Krays

8.00 **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department soon closes in. With JK Simmons, John Lithgow and Jon Bernthal. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Krays** British crime drama starring Gary and Martin Kemp as the notorious gangster twins Reg and Ronnie Kray, who ran London's underworld in the 1960s. (1990, 18, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Breakdown** Suspense thriller starring Kurt Russell. (1997, 15, 94min) ★★★★
2.10 **Fatal Attraction** Thriller starring Michael Douglas. (1987, 15, 120min) ★★★★
4.20 **to 6.00** AM **Parallel** Fantasy thriller with Danielle Deadwyler. (2024, 15, 88min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Tall Men** Western. (1955, PG, 122min) ★★★
1.25 PM **They Rode West** Western. (1954, U, 97min) ★★
3.05 **The Sheriff of Fractured Jaw** Comedy Western with Kenneth More. (1958, U, 103min) ★★★
5.10 **Earth Vs the Flying Saucers** Thriller with Hugh Marlowe. (1956, b/w, U, 83min) ★★★
6.50 **Fisherman's Friends** Comedy drama. (2019, 12, 112min) ★★★

6.50 Fisherman's Friends

Fisherman's Friends (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Orson Bean and Ashton Sanders. (2018, 15, 121 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Let Him Go** Crime drama with Diane Lane, Kevin Costner and Kayli Carter. A retired sheriff and his wife, grieving over the death of their son, set out to find their only grandson. (2020, 15, 109min) ★★★
1.35 **to 3.40** AM **Never Grow Old** Western drama starring Emile Hirsch and John Cusack. (2019, 15, 125min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2026 Recap

302 302 402 502 516

7.00 AM **Don't Let's Go to the Dogs Tonight** Fact-based drama. (2024, 15, 99min) ★★★★
8.45 **Blue Moon** Comedy drama. (2025, 15, 100min) ★★★★
10.30 **Mile End Kicks** As 10.00pm.
12.30 PM **Spinal Tap II: The End Continues** Comedy sequel. (2025, 15, 83min) ★★★
2.00 **Borderline** Horror comedy. (2025, 15, 94min) ★★★
3.40 **The Bride!** Horror comedy. (2025, 15, 126min) ★★★★
5.50 **Downton Abbey: The Grand Finale** Period drama spin-off. (2025, PG, 123min) ★★★★
8.00 **The Choral** Comedy drama with Ralph Fiennes. A choral society's male members enlist in World War One, leaving Dr Guthrie to recruit teenagers in their place. (2025, 15, 113min) ★★★★
10.00 **Mile End Kicks** Comedy drama starring Barbie Ferreira. (2025, 15, 111 min) ★★★★
12.00 M'T **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
1.40 AM **The Toxic Avenger** Horror comedy. (2023, 18, 102min) ★★★
3.30 **Beast of War** Wartime thriller. (2025, 15, 87min) ★★★★
5.10 **to 6.55** AM **The Internship** Thriller. (2026, 15, 87min) ★★★

Sky Cinema Greats

307 307 404 504 518

6.00 AM **Blazing Saddles** Western spoof. (1974, 12, 90min) ★★★★
7.35 **Liar Liar** As shown at 3.15pm.
9.05 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
10.35 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81 min) ★★★
12.05 PM **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★★
1.30 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★
3.15 **Liar Liar** Comedy starring Jim Carrey. (1997, 12, 86min) ★★★★
4.50 **Big Daddy** Comedy with Adam Sandler. (1999, 12, 95min) ★★★
6.25 **Billy Madison** Comedy. (1995, PG, 90min) ★★
8.00 **Bad Boys** Action comedy with Martin Lawrence and Will Smith. (1995, 15, 118min) ★★★
10.00 **Falling Down** Controversial drama starring Michael Douglas. (1993, 18, 115min) ★★★★
11.55 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★
1.35 AM **See No Evil, Hear No Evil** Comedy thriller. (1989, 15) ★★★
3.20 **Bill & Ted's Excellent Adventure** Comedy. (1988, PG) ★★★★
4.55 **The Cinema List: Bingeable**
5.25 **to 7.05** AM **Arthur** As 11.55pm.

Disney+ Cinema

305 305

6.00 AM **Bambi** Disney's classic feature-length cartoon. (1942, U, 69min) ★★★★★
7.15 **Mulan** Animated adventure. (1998, U, 88min) ★★★
8.45 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
11.10 **Hercules** Animated adventure. (1997, U, 92min) ★★★★
12.45 PM **A Bug's Life** Animation. (1998, U, 94min) ★★★★★
2.25 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
4.00 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
5.40 **Monsters, Inc** Animated comedy. (2001, U, 95min) ★★★★★
7.15 **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG) ★★★
9.00 **Ant-Man** Superhero adventure. (2015, 12, 117min) ★★★★
10.55 **Bad Company** Comedy thriller. (2002, 12, 112min) ★★★
12.55 AM **A Real Pain** Comedy drama starring Kieran Culkin. (2024, 15, 90min) ★★★★★
2.30 **Nightbitch** Dark comedy. (2024, 15, 99min) ★★★
4.15 **to 6.00** AM **Diary of a Wimpy Kid: Dog Days** Family comedy sequel. (2012, U, 90min) ★★★

Movies 24

312 313 419

7.00 AM **Happy Holidays from Cherry Lane** Festive drama sequel. (2024, PG, 90min) ★★
9.00 **Trivia at St Nick's** Festive comedy. (2024, PG, 84min) ★★
11.00 **A Keller Christmas Vacation** Drama. (2025, PG, 89min) ★★
1.00 PM **Single on the 25th** Festive romance. (2025, PG, 90min) ★★
3.00 **Catch Me If You Claus** Fantasy. (2023, PG, 84min) ★★
5.00 **Season's Greetings from Cherry Lane** Festive drama sequel. (2024, PG, 84min) ★★
7.00 **A Cowboy Christmas Romance** Festive romance starring Jana Kramer and Adam Senn. (2023, PG, 85min) ★★
9.00 **The Secret Gift of Christmas** Festive drama starring Meghan Ory and Christopher Russell. (2023, PG, 90min) ★★
11.00 **A Christmas Castle Proposal: A Royal in Paradise II** Drama sequel. (2024, U, 85min) ★★
1.00 AM **Christmas on Duty** Romantic drama starring Janel Parrish. (2025, PG, 89min) ★★
3.00 **to 5.00** AM **Deck the Walls** Festive drama starring Ashley Greene. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **What's On TPTV with Noel**
6.10 **Algiers** Romantic drama. (1938, b/w, PG, 95min) ★★★
8.05 **The Deep Blue Sea** Drama. (1955, b/w, PG, 100min) ★★★
10.10 **Man from Tangier** Thriller. (1957, b/w, U, 67min) ★★
11.30 **Star Performance** 13/31. (S2)
12.00 NOON **Danger UXB** 4/13.
1.05 PM **The Adventures of William Tell** 17/39. (S1)
1.35 **Snowbound** Thriller starring Robert Newton and Dennis Price. (1948, b/w, PG, 87min) ★★★
3.15 **The Bulldog Breed** Comedy starring Norman Wisdom. (1960, b/w, PG, 97min) ★★
5.15 **Edgar Wallace Mystery Theatre**
6.25 **Whiplash** 22/34. (S1)
6.55 **The Man from UNCLE** (S1)
8.00 **The Mind of Mr JG Reeder**
9.05 **The Good Die Young** Crime drama starring Laurence Harvey. (1954, b/w, PG, 94min) ★★★
11.05 **Fortean TV**
11.40 **The Wild Ride** Thriller. (1960, b/w, PG, 61min) ★★★
1.25 AM **The Blob** Classic sci-fi horror. (1958, 12, 81min) ★★★
3.05 **The Promise** Prison drama. (1952, b/w, U, 45min) ★★★
4.00 **Target: The Corruptors**
5.00 **to 6.00** AM **The Rogues**

TUESDAY Sport 7 July

Tuesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report** A round-up of the day's World Cup news and recent results.
7.00 **World Cup Breakfast** The early headlines and stories surrounding the World Cup.
10.00 **World Cup Matchday** In-depth analysis and discussion on the latest matches from the World Cup, plus interviews with players and manages.
5.00 PM **LIVE International T20 Cricket** **England v India.** Coverage of the third T20 in the five-match series, which takes place at Trent Bridge in Nottingham. The last time these two sides met at this venue was in the third and final T20 of a series in 2022. India had already won the series after winning the first two games but England managed to claim a consolation victory. They made 215-7 in their 20 overs before restricting the visitors to 198-9 as they won by 17 runs.
9.30 **World Cup Show** A daily guide to the World Cup, featuring news and previews of upcoming tournament fixtures.
10.00 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights**
10.30 **SNF** Everton v Newcastle United.
11.00 Featuring highlights from Tottenham Hotspur v Fulham.
11.30 **Premier League Highlights** Action from matches played in the 2025/26 season, including West Ham United v Liverpool, Aston Villa v Wolverhampton Wanderers and Chelsea v Arsenal.
6.30 PM **Transfer 360** Former Premier League star Patrick Vieira.
7.00 **Gary Neville's Soccerbox** With guest Teddy Sheringham.
7.30 With William Gallas.
8.00 **Netbusters** Action from past matches in the Premier League.
9.00 **Premier League 360 – Big Sam's Bolton** Sam Allardyce's iconic Bolton team of the early 2000s in the Premier League.
11.00 **Premier League Years** Classic games, blunders and moments of skill from the 1995/96 season.
1.00 AM **PL Retro** Another chance to see West Ham United v Tottenham Hotspur from 2006/07.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Best Scottish Premiership Goals 2024/25** Archive action.
8.30 **Best Scottish Premiership Goals 2025/26** Classic strikes.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Championship Retro**
2.00 PM **Celtic's Invincibles**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **SPFL Highlights**
5.30 **EFL Greatest Games**
6.00 **Championship Retro** Cardiff City v Leicester City from 2009/10.
8.30 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro**
11.00 **SPFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Archive highlights.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 2022/23**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **ICC Women's World Cup 2017** Highlights of the final.
6.30 **ICC Women's World Cup 2013**
7.00 **Women's ICC T20 World Cup** The opening semi-final.
7.30 The second semi-final.
8.00 **Women's ICC T20 World Cup** A replay of the final at Lord's.
12.30 PM **Best of ICC WT20**
1.00 **Women's ICC T20 World Cup**
1.30 **International T20 Cricket**
2.30 **Women's ICC T20 World Cup** The opening semi-final.
3.00 The second semi-final.
3.30 The final at Lord's.
4.00 **International T20 Cricket**
5.00 **LIVE International T20 Cricket** **England v India.** Coverage of the third T20 in the five-match series at Trent Bridge in Nottingham.
9.30 **International T20 Cricket** Action from England v India in the first game in the five-match series.
10.00 England v India in game two of the five-match series.
10.30 **Best of ICC WT20**
11.00 **International T20 Cricket**
12.30 AM **ICC Women's World Cup 2013** West Indies v Australia.
1.00 **International T20 Cricket**
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Golf Academy**
7.00 **Playing Lessons**
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **Best of the Open Zone 2023**
9.30 **The Improvers**
10.00 **Tour Golf Highlights**
10.30 **PGA Tour Golf**
11.30 **DP World Tour Golf**
12.00 NOON **Golf Academy**
1.00 PM **School of Golf**
2.00 **Playing Lessons**
3.00 **Best of the Open Zone 2018**
4.00 **The Golf Fitness Show**
4.30 **Mark Roe's Short Game School**
5.00 **PGA Tour Golf**
6.00 **Ladies European Tour Golf**
7.00 **Tour Golf Highlights**
7.30 **DP World Tour Golf**
8.00 **PGA Tour Golf**
9.00 **PGA Tour Champions**
10.00 **Ladies European Tour Golf**
11.00 **Rose Ladies Series**
12.00 M'T **Tour Golf Highlights**
12.30 AM **DP World Tour Golf**
1.00 **PGA Tour Golf**
2.00 **DP World Tour Golf**
3.00 **School of Golf**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **The PREM** Rugby Union action.
9.00 **Wimbledon** The eighth day.
10.30 **UCI Mountain Bike World Series Review** Trentino Enduro.
11.00 **Tour de France Highlights**
12.00 NOON **LIVE Tour de France** Coverage from the fourth stage of the men's race, a 181.9km route from Carcassonne to Foix. 2025 winner Tadej Pogacar won the first of four stage victories at this stage last year after leading a 174.2km route from Amiens to Rouen.
5.00 PM **The Gruppetto**
5.15 **British Superbikes Rewind**
5.30 **European Rally Championship**
6.00 **The PREM** 2025/26 best tries.
6.30 **Premier League Stories**
7.00 **Beacon of Hope: The Grenfell Athletic Story**
8.00 **Tour de France Highlights**
9.00 **Formula E Highlights**
11.00 **MLB Lead Off**
11.30 **LIVE MLB** **Detroit Tigers v Athletics.** The American League game at Comerica Park. Start-time **11.40pm**.
2.30 AM **MLB Closer**
3.00 **to 6.00** AM **UCI Mountain Bike World Series**

TNT Sports 2

411 414 522 409 431

6.00 AM **Motocross World Championship** MX2 race one in Johannesburg, South Africa.
6.45 MXGP race one highlights.
7.30 MX2 race two highlights.
8.15 MXGP race two in Johannesburg, South Africa.
9.00 **British Superbikes Highlights**
10.00 **Test Cricket Highlights** Action from West Indies v Sri Lanka.
11.00 **TNT Sports Cricket Reload**
11.15 **TNT Sports Reload**
11.45 **Sign Up – Into Football**
12.45 PM **MLB Highlights**
1.45 **Test Cricket Highlights**
2.45 **LIVE Test Cricket** **West Indies v Sri Lanka.** Coverage of the fifth and final day of the second and final Test in the series at Sir Vivian Richards Stadium in Antigua. This is the last Test for the West Indies before they take on Pakistan in a two-match series at the end of July.
11.00 **Fight Week** A look ahead to Conor McGregor's UFC return.
11.30 **NWSL** Football highlights.
1.30 AM **Tour de France Highlights**
2.30 **Wimbledon** The ninth day.
4.00 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** A replay of Warrington Wolves v Hull Kingston Rovers from 2025.
9.00 **Super League** Another chance to see Huddersfield Giants v Leigh Leopards from 2025.
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights** New England Patriots v Houston Texans from the 2025/26 season.
5.15 Action from Tampa Bay Buccaneers v Atlanta Falcons from the 2025/26 season.
5.30 **Super League Highlights** Archive action from 2024.
6.00 **NBA Basketball** Brooklyn Nets v Minnesota Timberwolves.
8.00 **NBA Basketball** Golden State Warriors v Los Angeles Clippers.
10.00 **NBA on Fire**
10.30 **NFL Bitesize Highlights**
10.45 **Super League Highlights**
11.00 **NFL Highlights**
12.00 M'T **The Insiders**
1.00 AM **Super League Highlights**
2.00 **Super League**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.00 **Premier League Darts** A chance to see the second night of the tournament at AFAS Dome in Antwerp, Belgium, with a format featuring the quarter-finals, semi-finals and final all in one night.
12.00 NOON **WTA Tennis** Highlights from the final of the Adelaide Open, a hard-court tournament at Memorial Drive Tennis Centre.
1.00 PM **ATP Tennis** Action from the final of the Hong Kong Open, a hard-court tournament staged at Victoria Park Tennis Stadium.
2.00 **The Open** Action from the opening day of the 2025 Major.
3.00 Day two of the 2025 Major.
4.00 **World Cup Matchday**
7.00 **World Cup Show**
10.00 **World Cup Report**
12.00 M'T **EFL Greatest Games** Matches from the archives.
1.00 AM **Premier League Darts** Action from the seventh night of the tournament at 3Arena in Dublin, with a format featuring quarter-finals, semi-finals and a final over the course of one night.
4.30 **to 6.00** AM **Greatest Games**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **Best of Federer**
8.00 **ATP Tennis** Monte-Carlo Masters.
9.00 **Best of The US Open 2025**
11.00 **WTA Tennis** Madrid Open.
11.30 **ATP Tennis** Tournament action.
1.30 PM **WTA Tennis** Event highlights.
3.30 **Best of Serena Williams**
5.30 **WTA Tennis** Miami Open review.
6.00 **ATP Tennis** Swiss Open final.
7.00 The Croatia Open final.
8.00 **Best of The US Open 2025**
10.00 **ATP/WTA Tour Classics**
11.00 **ATP Tennis** Barcelona Open.
12.00 M'T **Best of Federer**
2.00 AM **to 6.00** AM **ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour Golf**
8.00 **State of Origin Rugby League**
9.00 **Formula 1** British Grand Prix.
11.00 **NBA Basketball**
1.00 PM **PGA Tour Golf**
2.00 **PL Greatest Games**
3.00 **Super League**
5.15 **International T20 Cricket**
5.45 **State of Origin Rugby League**
6.00 **Formula 1** Action from the British Grand Prix sprint race.
7.00 **PGA Tour Golf** Action from day four of the John Deere Classic.
8.00 **State of Origin Rugby League**
9.00 **International T20 Cricket**
9.30 **Women's ICC T20 World Cup** Highlights of the final at Lord's.
10.00 **Formula 1** British Grand Prix.
11.00 **Women's State of Origin**
12.00 M'T **EFL Greatest Games**
1.00 AM **NBA Basketball**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Women's ICC T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** A chance to see four matches in full.
12.00 NOON **Premier League** Aston Villa v Brighton & Hove Albion.
1.30 PM **Premier League** A replay of Crystal Palace v Burnley.
3.00 **Premier League** Another chance to see Nottingham Forest v Wolverhampton Wanderers.
4.30 **Premier League** Another chance to see Brentford v Arsenal.
6.00 **UCI Mountain Bike World Series** Highlights of the latest races staged in La Thuile, Italy.
9.00 **MLB Highlights** Action from Major League Baseball.
10.00 **Wimbledon** Action from the ninth day of the tournament.
11.30 **Motocross World Championship**
12.15 AM **Motocross World Championship** Action from Johannesburg, South Africa.
2.30 **UFC Main Event**
3.30 **Fight Week**
4.00 **UFC Fight Flashback**
5.00 **to 6.00** AM **Formula E**

TNT Sports 4

414 416 524 411 434

6.00 AM **WRC Review** A look at action from Rally Monte Carlo.
7.00 The Rally Sweden.
8.00 Safari Rally Kenya.
9.00 The Rally Croatia.
10.00 Rally Islas Canarias.
11.00 The Rally Portugal.
12.00 NOON Rally Japan.
1.00 PM The Rally Greece.
2.00 PM **NWSL** Highlights from San Diego Wave FC v Gotham FC.
3.00 Boston Legacy v Bay FC.
4.00 **The PREM** A look back at the best tries of the 2025/26 season.
4.30 **AFL** Another chance to see Geelong Cats v Brisbane Lions.
6.00 A match replay of Sydney Swans v Western Bulldogs.
7.30 Another chance to see West Coast Eagles v Adelaide Crows.
9.00 A replay of Hawthorn Hawks v Melbourne Demons.
10.30 Another chance to see GWS Giants v Fremantle Dockers.
12.00 M'T **to 6.00** AM **AFL**

Premier Sports 1

419 APP 528

6.00 AM **Transworld Sport** Magazine.
7.00 **World Surf League**
8.00 **NASCAR Highlights**
9.00 **Sporting Greats**
9.30 **LaLiga Match Highlights**
9.50 **LIVE Rugby Junior World Championship** **New Zealand U20 v Italy U20.**
12.00 NOON **URC Match Highlights**
12.20 PM **LIVE Rugby Junior World Championship** **Scotland U20 v Japan U20.**
2.30 **URC Match Highlights**
2.50 **LIVE Rugby Junior World Championship** **South Africa U20 v Wales U20.**
5.00 **URC Match Highlights**
5.20 **LIVE Rugby Junior World Championship** **Spain U20 v Fiji U20.**
7.30 **World of FreeSports**
8.00 **Sporting Greats**
9.00 **Swedish Speedway**
11.00 **to 6.00** AM **Highlights**

Premier Sports 2

420 APP 529

6.00 AM **Temples of Sport**
6.30 **MotorSport**
7.00 **Bike World** Magazine.
7.30 **Rugby Junior World Championships**
9.20 **Champions Cup Show**
9.50 **LIVE Rugby Junior World Championship** **Ireland U20 v USA U20.**
12.00 NOON **LaLiga Match Highlights**
12.20 PM **LIVE Rugby Junior World Championship** **Argentina U20 v England U20.**
2.30 **LaLiga Match Highlights**
2.50 **LIVE Rugby Junior World Championship** **France U20 v Australia U20.**
5.00 **LaLiga Match Highlights**
5.20 **LIVE Rugby Junior World Championship** **Georgia U20 v Uruguay U20.**
7.30 **Temples of Sport**
8.00 **NASCAR O'Reilly Series**
11.00 **Temples of Sport**
11.30 **to 6.00** AM **Highlights**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Races from 2021.
10.00 **Ginetta Juniors Highlights**
11.00 **Formula 1** British Grand Prix.
1.00 PM **Ted's Notebook**
1.30 **Formula 1** British Grand Prix.
6.00 **Ted's Notebook**
6.30 **F1 Academy Highlights**
7.30 **Formula 2 Championship**
8.50 **George Russell IV**
9.00 **Indycar** The Honda Indy 200.
10.00 **Formula 1** British Grand Prix.
11.00 **Indycar** The Honda Indy 200.
12.00 M'T **Ginetta Juniors Highlights**
1.00 AM **F1 Explained**
2.00 **The Best of F1 2026**
5.00 **to 6.00** AM **F1 Explained**

Wednesday

8 July

Planner

Katie Price: Nothing to Hide

DOCUMENTARY Sky Documentaries, 9pm

Featuring contributions from the model's nearest and dearest, past and present, this four-parter gives us an unfiltered look at Katie's three decades in the spotlight, and what it takes to survive public life.

Trying

COMEDY DRAMA Apple TV

The parenting comedy returns for a fifth season, with Nikki and Jason (played by real-life couple Esther Smith and Rafe Spall) juggling a hectic family life, which is upended even further when Princess and Tyler's birth mum (Charlotte Riley, right) turns up.

Shifting Gears

COMEDY Disney+

Tim Allen returns as Matt Parker, widowed owner of a classic car workshop. As the series begins, Matt is wrestling with his feelings for Eve (Jenna Elfman). *Home Improvement* fans: look out for some familiar faces when Matt attends a grief counselling group.

How to Get Filthy Rich

DOCUMENTARY C4, 9pm

Former trader and author Gary Stevenson (*The Trading Game*, pictured left) campaigns against economic inequality. In this documentary, he explores the widening wealth gap and examines how to fix a broken economic system.

Wednesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: The concluding coverage of day 10				9.00 Death in Paradise		10.00 News; Local News	
	102 BBC2	7.00 Villages by the...	7.30 EastEnders	8.00 The Repair Shop		9.00 Greece with Simon Reeve		10.00 Mackenzie...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Deal or No...	8.00 Emmerdale	8.30 Coronation...	9.00 Unbelievable Moments Caught on...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Location, Location, Location		9.00 How to Get Filthy Rich with Gary Stevenson			10.30 Gogglebox
	105 5	7.00 Tour de France		8.00 Ambulance: Code Red		9.00 Lie with Me		10.00 Surgeons: A Matter of Life or Death	
	106 SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs the Three Lions		9.00 Film: Olympus Has Fallen			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 EastEnders	8.00 Top Gear		9.00 England 2006: The Golden Generation		10.00 Rooney	
	116 BBC4	7.00 Great British...	7.30 Canal Boat...	8.00 Universe		9.00 The Nazis: A Warning from History		10.00 Our Friends in the North	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 My Floating Home		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks		8.00 Below Deck		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Fire Country		10.00 FBI: International	
	108 SKY ATLANTIC	‹ 6.45 The Penguin				9.00 House of the Dragon			10.10 The Fear Index
	110 U&GOLD	‹ 6.50 Red Dwarf		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
	120 ITV4	7.00 Aussie Pickers		8.00 The Grand Fishing Adventure		9.00 Beat the Chasers – Celebrity Special		10.00 Bullseye	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Surprises		10.00 8 Out of 10 Cats Uncut	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 From		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Sister Boniface Mysteries		9.00 The Chelsea Detective		10.00 New Tricks	
	109 U&ALIBI	7.00 Unforgettable		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Battle of the Bagpipes		9.00 Bill Bailey's Master Crafters: The Next...		10.00 The Eighties	
	132 U&W	7.00 DIY SOS: EastEnders Special		8.00 999 Rescue Squad		9.00 Shades of Blue			
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop				9.00 Wheeler Dealers		10.00 Mighty Truckers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Bird	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Ancient Structures: Secrets Revealed		9.00 Egypt's Sun King: Secrets and Treasures		10.00 Lost Tombs of the Pyramids	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Storage Wars		9.00 History's Greatest Warriors		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Frozen Planet II		8.00 Explore		9.00 Tropic of Cancer with Simon Reeve		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 Becoming Madonna				9.00 Katie Price: Nothing to Hide			10.10 Film: Amy

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Expert Witness** New edition A forensic toxicologist proves that an Essex couple's cause of death points to murder. (S)(AD)
11.15 **LIVE Wimbledon** Isa Guha presents coverage of day 10 of the Grand Slam tournament from the All England Club, featuring action from the outside courts. (S)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **LIVE Wimbledon** Further coverage of day 10 from the All England Club, as the quarter-finals continue in the men's and ladies' singles competitions. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.00 Tennis: Wimbledon

7 PM

7.00 **LIVE Wimbledon** Further coverage of day 10 of the Grand Slam tournament from the All England Club, where the singles quarter-finals are scheduled to conclude. Novak Djokovic reached his 14th Wimbledon semi-final last year when he claimed a 6-7, 6-2, 7-5, 6-4 over Flavio Cobolli. However, Cobolli reached the final of the recent French Open, while Djokovic was surprisingly eliminated in the third round. (S)
■ *Today at Wimbledon* is on BBC2 at 11.05pm

8 PM

9 PM

9.00 **Death in Paradise** *Painkiller Thriller:* 5/9. When a young pop star is found dead at a rehab clinic, it initially looks like a tragic accident. However, Neville is convinced there's more to her death than meets the eye. (S11) (S)(R)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM War of the Worlds** Steven Spielberg's sci-fi adventure thriller based on HG Wells' classic novel, starring Tom Cruise. When an extraterrestrial army launch a devastating attack on Earth, a divorced dockworker strives to protect his teenage son and 10-year-old daughter. With Dakota Fanning, Justin Chatwin and Tim Robbins. (S)(AD) (2005, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** A property in Leeds. (S)(R)(AD)
7.15 **Bargain Hunt** From Exeter. (S)(R)
8.00 **Sign Zone: Great Japanese Railway Journeys** Michael Portillo arrives in the home of Japanese porcelain, Arita. (S)(R)(AD)
8.30 **Sign Zone: Great Central Asian Railway Journeys** In Uzbekistan, Michael explores the historic city of Samarkand. (S)(R)(AD)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **LIVE Wimbledon** Clare Balding presents coverage of day 10 from the All England Club. (S)
3.00 **LIVE Wimbledon** Clare Balding presents further coverage of day 10, as the quarter-finals continue in the men's and women's singles competitions. (S)

10.00 Remember... The Office

7.00 **Villages by the Sea** Archaeologist Ben Robinson visits St Margaret's, Kent. (S)(R)
7.30 **EastEnders** Kojo asks Harry and Gina to help him find a girlfriend. (S)(AD)
■ This week's episodes will be subject to change

8.00 **The Repair Shop** The experts restore a portable drum kit from the 1940s, an oil painting thought to be 175 years old, a patchwork toy hippopotamus and a pair of baby shoes. (S)(R)(AD)

9.00 **Greece with Simon Reeve** 1/2. Simon takes a tour of Greece, travelling from the islands of the Aegean to Athens and learning how the Greek people are coping with their country's crises. (S)(R)(AD)

10.00 **NEW Mackenzie Crook and Martin Freeman Remember... The Office** The actors look back on the mockumentary series, 25 years since the first episode was aired on 9 July 2001. (S)(AD)
10.30 **Newsnight** (S)

11.05 **Today at Wimbledon** Highlights of the 10th day, where the men's and ladies' singles quarter-finals were scheduled to conclude. (S)
12.05 AM **FILM My Summer of Love** Romantic drama with Natalie Press. (S)(AD) (2004, 15, 85min) ★★★
1.30 **Sign Zone: Do You Know Your Place?** From Paisley. (S)(R)
2.00 **Sign Zone: What Happened at the Somme** (S)(R)(AD)
2.30 **Sign Zone: Inside Barlinnie** (S)(R)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team are in Sheffield, where David Ford blows his cash on a set of old whistles and Tim Hogarth scores a home goal with a collection of football programmes. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Carol takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7.30 **Deal or No Deal: Banker's Best Battles** New edition Stephen Mulhern revisits Ronnie and Sami's battles against the mean-spirited Banker, but it remains to be seen whether they go home with cash prizes. (S)

8.00 **Emmerdale** Kev changes his name to Barton to bond with Lewis. (S)(AD)
8.30 **Coronation Street** Cassie chats up a man while drowning her sorrows. (S)(AD)
■ This week's soap episodes will be subject to change

9.00 **Unbelievable Moments Caught on Camera** More jaw-dropping footage filmed by members of the public, including the moment that an American father saved his children from an alligator at his home. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Regional Programmes** See Local Variations. (S)

11.15 **G'wed** 5/7. An old ballroom rivalry reignites as dance legend Mary returns to face Grandma Pat. Meanwhile, Aimee questions her family's past. (S3) (S)(R)(AD)
11.45 **Sorry, I Didn't Know** (S)(R)
12.10 AM **Teleshopping**
3.00 **Killer in the House: The Murder of Nicholas Billingham** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Fantastic Flavours** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 4-6/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 7-10/25. (S11) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Paul, Sammy and Ren go in search of water for their music festival. (S)(R)(AD)
5.00 **Chateau DIY** Ben and Billie want to transform an old hallway into a peaceful lounge area. (S)(R)(AD)
6.00 **Four in a Bed** The third visit of the week is to Holly Lodge Boutique B&B in Norfolk. (S)(R)
6.30 **Come Dine with Me** Civil servant Lydia hosts the third dinner party of the week in Glasgow. (S)(R)

9.00 How to Get Filthy Rich

7.00 **News** (S)

8.00 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in Buckinghamshire with two couples who are keen to get away from renting and onto the property ladder. (S)(R)(AD)

9.00 **NEW How to Get Filthy Rich with Gary Stevenson** Former finance trader and best-selling author Gary Stevenson examines the UK's growing wealth gap and suggests what could be done to fix what he sees as a broken economic system. (S)(AD)

10.30 **Gogglebox** Opinions on *The Celebrity Traitors, Love Is Blind* and *Coronation Street*. (S)(R)(AD)

11.35 **Celebrity Gogglebox** (S)(R)(AD)
12.35 AM **The Accused: Beyond Reasonable Doubt?** (S)(R)(AD)
1.30 **Ramsay's Kitchen Nightmares USA** From Georgia. (S)(SL)(R)
2.20 **Dover 24/7: Britain's Busiest Port** Documentary. (S)(SL)(R)(AD)
3.15 **A Cotswold Farmshop** (S)(R)(AD)
4.10 **Couples Come Dine with Me** (R)
5.05 **Jamie's One-Pan Wonders** (S)(R)
5.35 **Sunday Brunch** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

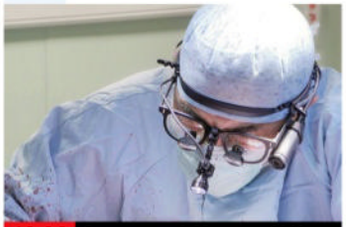
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Like Father, Like Daughter:* 7/23. Alexis tries to prove a man was wrongly accused of murder. (S)(R)
3.55 **Castle** *Murder Is Forever:* 8/23. A respected relationship therapist is killed. (S6) (S)(R)
4.50 **Love Nature** A community garden in Leicester. (S)(R)
5.00 **News** (S)
6.00 **Shetland: Scotland's Wondrous Isles** Following the preparations for Scalloway's annual fire festival. (S)(R)
6.55 **News** (S)



10.00 Surgeons: A Matter of Life...

7.00 **Tour de France** Rebecca Charlton presents action from the fifth stage of this year's race, a 158.3km route starting in Lannemezan and ending in Pau. (S)
7.55 **News** (S)

8.00 **Ambulance: Code Red** Paramedics are dispatched to a women who has suffered a cardiac arrest while driving her car, and a 20-year-old who is believed to be having a seizure after being punched in the face. (S)(R)(AD)

9.00 **Lie with Me** 3/4. Becky is conflicted when Anna tells her that Jake is physically abusive. When Jake lures Becky back, Anna realises she has to take drastic measures to protect her children. (S1) (S)(R)(AD)

10.00 **Surgeons: A Matter of Life or Death** A 66-year-old woman undergoes a major heart operation as a surgeon tackles an aneurysm in her aorta, which is so swollen it's in danger of bursting. (S)(R)

11.05 **A&E After Dark** A patient has sustained spinal damage and a brain injury. (S)(R)
12.05 AM **Skin A&E** (S)(R)(AD)
1.00 **Teleshopping** (S)(R)
2.00 **Build Your Dream Home in the Country** Double bill. (S)(R)
3.45 **Friends** (S1&2) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** 4/22. (S5) (S)(R)
9.00 **The Flash** 12/13. (S9) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Planet Shark** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **The Simpsons** *The Seven-Beer Snitch:* Marge tries to bring culture to Springfield. (S)(R)
5.30 *On a Clear Day I Can't See My Sister:* Lisa decides to take out a restraining order against Bart. (S)(R)
6.00 **The Office (US)** 19/22. Michael takes the staff ice-skating. (S)(R)
6.30 20/22. Dwight discovers a half joint of marijuana in the company car park. (S2) (S)(R)

9.00 Olympus Has Fallen

7.00 **The Simpsons** *Future-Drama:* Bart and Lisa are given a startling glimpse of their future selves. (S)(R)
7.30 *Don't Fear the Roofer:* Marge sends Homer to a mental institution. With Stephen Hawking. (S)(R)

8.00 **Rob & Romesh vs the Three Lions** Rob Beckett and Romesh Ranganathan meet the stars of the England men's football team and manager Gareth Southgate ahead of the 2022 World Cup in Qatar. (S)(R)

9.00 **FILM** **Olympus Has Fallen** Action thriller starring Gerard Butler. A disgraced secret service agent strives to foil North Korean guerrillas who have seized control of the White House and taken the president hostage. With Aaron Eckhart, Morgan Freeman and Angela Bassett. (S) (2011, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.15 **Al Murray: All You Need Is Guv** A stand-up performance by the Pub Landlord at the Soho Theatre Walthamstow in east London. (S)(R)
12.15 AM **Grimm** 8/22. Nick and Hank investigate a mysterious sighting linked to a tourist's death at a local lake. (S5) (S)(R)
1.10 **The Force: North East** (S)(R)
2.05 **Road Wars** (S)(R)(AD)
3.00 **Hawaii Five-0** 9/25. (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations
N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Bikes! Tandragee 100 **11.20** **FILM** War of the Worlds (2005, 12, 110min) ★★★★
1.10-6.00am BBC News
WALES
Sky 965, Virgin 864, Freesat 965
9.00pm Wales' Home of the Year **9.30-10.00** Back in the Day **10.40** Saving Lives in Cardiff **11.40** **FILM** War of the Worlds: As N. Ireland. **1.25-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations
WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:
ANGLIA
10.45-11.15pm Anglia Late Edition
BORDER/TYNE TEES
10.45-11.15pm Around the House
LONDON
10.45-11.15pm The Late Debate
CENTRAL
10.45-11.15pm Central Lobby
GRANADA
10.45-11.15pm The Granada Debate
MERIDIAN
10.45-11.15pm The Last Word
WALES
7.30-8.00pm Wales This Week **10.45-11.15pm** Deal or No Deal: Banker's Best Battles
WEST/WESTCOUNTRY
10.45-11.15pm The Westcountry Debate
YORKSHIRE
10.45-11.15pm Last Orders

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Camau Bach **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Gwlad y Basg: Gwilym Bowen Rhys **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Chris a'r Afal Mawr **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dan Do **6.30** Rownd a Rownd **6.59** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Taclo'r Ty **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France **9.30** Y Byd ar Bedwar **10.00** Codi Hwyl **10.30-11.35pm** Ty Ffit

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall encounters a scorpion fish.
7.30 **EastEnders** Jack pushes Kim to visit Denise, while Kojo asks Harry and Gina to help him find a girlfriend.
8.00 **Top Gear** Jeremy Clarkson gets behind the wheel of a Jaguar XJ and races against the Earth's rotation.
9.00 **England 2006: The Golden Generation** Exploring why the men's England football team did not fulfil their potential at the 2006 World Cup.
10.00 **Rooney** Documentary examining the life and career of Wayne Rooney.
11.45 **FILM** **David Brent: Life on the Road** Mockumentary spin-off with Ricky Gervais and Ben Bailey Smith. (2016, 15, 96min) ★★
1.20 AM **FILM** **Mrs Brown's Boys D'Movie** Comedy starring Brendan O'Carroll. (2014, 15, 92min) ★★
2.50 **World Cup 2018**
3.00 **to 4.00** AM **Top Gear**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest in Edinburgh.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Ugly House to Lovely House with George Clarke** Architect Carl Turner helps to transform a dark and dingy 1920s house in south-east London into a spacious and adaptable home for a growing family.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help two couples in Edinburgh.
7.55 **Grand Designs** Boat enthusiast James invites Kevin McCloud to follow progress on his ship-themed home, which was designed to stand on stilts over a marsh by his architect nephew.
9.00 **NEW SERIES** **My Floating Home** 1/4. Mark Evans meets a couple who have decided to commission a fully bespoke narrowboat, designed entirely to suit their canal-based lifestyle.
10.00 **24 Hours in A&E** A man with schizophrenia makes his 19th visit of the year.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **The Perfect Pitch**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo joins a flight in the skies over a royal naval air station.
7.30 **Canal Boat Diaries** Robbie Cumming begins a journey across the north of England.
8.00 **Universe** How cutting-edge space missions have revealed the origin of the universe.
9.00 **The Nazis: A Warning from History** The decisions that led to the Holocaust.
9.50 **Afoot Again in the Past** Hampton Court's plumbing.
10.00 **Our Friends in the North** *1979:* 6/9. Nicky stands for Parliament, and Tosker meets the woman of his dreams.
11.10 *1984:* 7/9. The miners' strike dominates the country, and Mary and Tosker find themselves facing their police officer son on the picket lines. (S1)
12.20 AM **The Nazis: A Warning from History** As 9.00pm.
1.10 **Canal Boat Diaries**
1.40 **Great British Railway Journeys** As 7.00pm.
2.10 **to 3.10** AM **Universe**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.05 **Couples Come Dine with Me** From Grimsby.
8.05 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.05 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks** Dee Dee gets a new support worker.
7.00 **Hollyoaks** A dinner party at Leah and Imran's home leads to some soul-searching. **7.30** Loyalties are tested as hidden truths surface.
8.00 **Below Deck** New edition Fraser questions his long-distance relationship, while Captain Kerry is still having doubts about Caio.
9.00 **Gogglebox** Opinions on *SAS: Who Dares Wins, Secret Crush* and *Dragons' Den*.
10.00 **First Dates** A 23-year-old make-up artist who has struggled to find a man.
11.05 **Open House: The Great Sex Experiment**
12.10 AM **Naked Attraction**
1.15 **Gogglebox**
2.20 **Below Deck**
3.05 **Abbott Elementary**
3.30 **The Simpsons**
3.55 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 | 306 | 30 | 123 | 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 4&5/22. (S8)
2.00 PM **The Rookie** 7/22. Wesley struggles to keep it together under the pressure of his debt to Elijah. (S4)
3.00 **Law & Order: Criminal Intent** 16/22. A former groupie is murdered. (S7)
4.00 **Nothing to Declare**

9.00 Fire Country

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Deadwood** 9&10/12. (S1)
10.00 **Homicide: Life on the Street**
12.00 NOON **House of the Dragon**
1.15 PM **Billions** 3&4/12. (S1)
3.25 **House of the Dragon** (S2)
4.40 **Gomorrah** 9/12. Enzo begins to enjoy all he has achieved.
5.40 10/12. Genny sends Patrizia to agree terms of surrender. Subtitled. (S3)
6.45 **The Penguin** 7/8. Oz fights to preserve his family and his enterprise. (S1)

6.45 The Penguin

ITV2

118 122 115 6 113 6

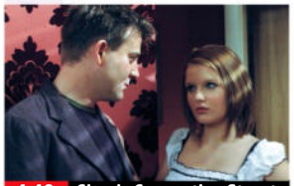
6.00 AM **Highlights**
8.25 **Georgia and Tommy: Baby Steps** Reality series.
9.20 **The Only Way Is Essex**
10.20 **Real Housewives of Salt...**
11.15 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** Reality series.
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

8.00 The 1% Club

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Crime and Punishment:* A member of the Bleakridge Watch is found dead in his meat freezer.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Dog Collar:* A local church suffers some thefts and the finger of suspicion seems to point to the vicarage.



4.40 Classic Coronation Street

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.00 **Dempsey and Makepeace**
9.05 **Boon** 12/13. (S4)
10.10 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon** 13/13. (S4)
4.50 **The Champions** *The Gilded Cage:* A group of intruders break into Nemesis HQ.
5.55 **Minder** *A Tethered Goat:* Terry acts as the bodyguard for a visiting Lebanese businessman and diplomat.

9.00 Beat the Chasers

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.45 The Penguin *A Great or Little Thing:* 8/8. Truths are laid bare as Oz nears the end of his journey and his power struggle with Sofia comes to a head. (S1)

7.00 The Floor USA New edition Questions on pets, gardening, ice cream flavours and ancient history.

6.55 Heartbeat *Gabriel's Last Stand:* A former MP's past catches up with him just as he is planning a comfortable retirement.

7.00 Aussie Pickers The Pickers get a chance to peruse a stock of vintage Indian Trail and Harley Davidson motorcycles.

8 PM

8.00 The Rookie *Caught Stealing:* 13/20. A large amount of money found in a drugs raid suddenly goes missing. (S1)

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Midsomer Murders *Sins of Commission:* Barnaby and Scott uncover corruption, sexual scandal and financial mismanagement among Midsomer St Michael's literary community as they investigate the murder of an author.

8.00 The Grand Fishing Adventure Ali and Bobby try to catch a monster shark over 400lbs from off the north Devon coast.

9 PM

9.00 Fire Country New episode *Not a Stray:* 2/20. Station 42 face a high-stakes wildfire that tests their unity. (S4)

9.00 House of the Dragon 3/8. *Game of Thrones* prequel with Matt Smith and Emma D'Arcy. (S3)

9.00 Love Island New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

9.00 Beat the Chasers: Celebrity Special With guests Omid Djalili, Richard Whitehead, Jenny Eclair and Clive Mantle.

10 PM

10.00 FBI: International *Unburdened:* 1/22. The Fly Team investigate when a US police detective is murdered in Paris. (S2)
11.00 **The Rookie** 4/22. Nolan and Chen hunt for a missing person with international ties. (S4)
12.00 M'T **FBI** 2&3/22. (S8)
2.00 AM **FBI: International** (S2)
3.00 **Road Wars**
4.00 **UK Border Force**
5.00 **to 6.00** AM **The Real A&E**

10.10 The Fear Index 1/4. A Wall Street tycoon becomes the target of a plot to destroy the world's financial markets. (S1)
11.10 **The Fear Index** 2/4. (S1)
12.10 AM **The Penguin** 4/8. Sofia makes plans. (S1)
1.20 **True Detective: Night Country** 2&3/6. (S4)
3.40 **Homicide: Life on the Street**
4.35 **Sort Of** 4/8. (S1)
5.05 **to 6.00** AM **Urban Secrets**

10.05 Love Island: The Debrief New edition Daily *Love Island* reactions.
10.35 Family Guy 22/30. Peter loses interest in Lois. (S4)
11.05 **Family Guy** 17/30. Lois discovers that she has a secret estranged brother. (S4)
11.35 **American Dad!** (S4)
12.35 AM **Bob's Burgers** (S14&13)
1.30 **Transaction** 5/6.
1.55 **Piglets** 1/6. (S2)
2.20 **to 3.00** AM **Unwind with ITV**

10.00 Law & Order: UK *Dependent:* 6/6. Sam and Ronnie try to track down the son of gay man who has been murdered. (S7)
11.00 **Law & Order: UK** 1/8. A jeweller is found dead with no hands or teeth. (S8)
11.50 **Trial & Retribution** 1/2. A woman is abducted in broad daylight.
2.00 **to 2.30** AM **George and Mildred**

10.00 Bullseye Freddie Flintoff hosts the darts-based quiz as three pairs compete against one another. With guest Stephen Bunting.
11.05 **Wrestling: AEW Collision** Featuring the latest hard-hitting wrestling action.
1.30 AM **Minder**
2.30 **Auto Mundial**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** 1/7. From the north-east and the Northern Isles.
8.00 **Island Crossings** 2/8. Twenty new apprentices join the ranks of Caledonian MacBrayne.
9.00 **Confessions of a Teenage Fraudster** 2/3. The continuation of Elliot Castro's period as a fraudster.
9.45 **Growing Up Scottish** Scotland's comedians look back at sport.
10.00 **River City** New episode Alex hits the bottle when he is banned from Karen's funeral.
10.30 **Mrs Brown's Boys** 1/4. The doting mother-of-six becomes a podcast sensation. (S5)
11.00 PM **to 12.00** M'T **David Wilson's Crime Files**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 5&6/10. (S2)
10.00 **I Love LA** 7&8/8. (S1)
11.15 **Will & Grace** (S5)
12.15 PM **Avenue 5** (S1&2)
1.30 **I Love LA** 7&8/8. (S1)
2.45 **Will & Grace** (S4)
3.45 **Hacks** 5&6/10. (S1)
5.00 **Community** (S5)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** 2/25. Ryan goes on a double date with Kelly.
7.30 3/25. Dwight makes a move on Michael's job. (S3)
8.00 **Breeders** 5/10. Ava tries to help her mother.
8.30 6/10. Jim and Jackie are excited about a possible move. (S2)
9.00 **James Acaster: Hecklers Welcome**
10.30 **Hacks** 5&6/10. (S1)
11.45 **Breeders** 5&6/10. (S2)
12.45 AM **Community** (S5)
1.45 **Two Weeks to Live** (S1)
2.50 **Avenue 5** (S1&2)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Anne-Sophie Mutter, John Williams & Friends**
8.10 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Guy Garvey: From the Vaults** Clips from 1976.
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Battle of the Bagpipes**
9.00 **Master Crafters: The Next Generation**
10.00 **The Eighties**
11.00 **Classic Albums**
12.00 M'T **Denzel Washington: American Icon**
1.15 AM **Hugh Grant: Love Language**
2.15 **I Am Heath Ledger**
4.05 **A Play in a Day**
5.00 **to 6.00** AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 4/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Universe** *Air – Part One:* 1/20. (S1)
7.00 **Star Trek: The Next Generation** *Remember Me:* 5/26. (S4)
8.00 **Police 24/7** A river rescue proves a challenge for officers.
9.00 **The Rookie** (S4)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S4)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five table tennis enthusiasts take part in the quiz show.
3.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Great Celebrity Bake Off for SU2C**
8.00 **Bake Off: The Professionals** The pairs build a 'World of Candy'.
9.00 **24 Hours in A&E** A 38-year-old is rushed in after coming off his motorbike at high speed.
10.00 **Taylor: A Story of Love** Documentary about Taylor Swift's engagement to NFL star Travis Kelce.
11.05 **24 Hours in Police Custody** Documentary.
12.10 AM **24 Hours in A&E**
1.10 **Super Surgeons: A Chance at Life**
2.10 **Gogglebox**
3.10 **Celebrity Gogglebox**
4.10 **to 5.00** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 5&6/13. (S1)
4.00 **Stargate SG-1** 3/22. (S7)
5.00 **Star Trek: Voyager** 23/26. Janeway relates the tale of her pioneering ancestor. (S5)
6.00 **Star Trek: Enterprise** 20/26. Ensign Mayweather learns his father has died, leaving his brother in charge of his cargo ship. (S2)

2.00 Warehouse 13

7.00 **Stargate Atlantis** *The Real World:* 6/20. Dr Fletcher tells Weir that Atlantis exists only in her mind. (S3)
8.00 **Stargate SG-1** *Fragile Balance:* 3/22. A teenage boy sparks an investigation after claiming to be Colonel O'Neill. (S7)
9.00 **From** *Merrily We Go:* 3/10. Boyd tries to save Acosta from herself, and Julie digs deeper into her newfound abilities. (S4)
10.00 **Grimm** *Grimm Identity:* 1/22. Nick tries to come to terms with fathering a child with Adalind, his once sworn enemy. (S5)
11.00 **The Walking Dead** 7/16. Tensions begin to ease in Alexandria, and Rick works with Morgan to form a plan to drive the undead horde away from the town. (S6)
12.00 M'T **Warehouse 13** (S1)
2.00 AM **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S4)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 18/24. (S4)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S4)
4.00 **The Mentalist** 18/24. (S4)
5.00 **Hudson & Rex** 11/20. Rex finds a body during Charlie and Sarah's getaway. (S5)
6.00 **Father Brown** *The Kembleford Boggart:* Tensions mount in Kembleford when the father of a young writer is found dead.

7.00 Unforgettable

7.00 **Unforgettable** *True Identity:* 11/13. An employee at a high-end matchmaking service is found murdered. (S3)
8.00 **Death in Paradise** *Death in the Salon:* 7/8. The owner of a hair salon is killed in puzzling circumstances. (S9)
9.00 **Death in Paradise** *Lost Identity:* 5/8. Humphrey's Aunt Mary gets caught up in a murder case. Guest stars Wendy Craig. (S5)
10.00 **Father Brown** *The Folly of Jephthah:* Flambeau seeks Father Brown's help to get rid of an unwanted rival.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Death in Paradise** (S9)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** 10/13. The detective encounters his long-lost sister. (S4)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.10 **The Green Green Grass**
9.50 **Are You Being Served?**
10.25 **Last of the Summer Wine**
11.40 **Red Dwarf**
12.15 PM **Keeping Up Appearances**
1.35 **Dad's Army**
2.15 **Open All Hours**
2.55 **The Green Green Grass**
3.35 **Are You Being Served?**
4.10 **Dad's Army**
4.50 **Keeping Up Appearances**
5.30 **Last of the Summer Wine**
6.50 **Red Dwarf**

8.00 Keeping Up Appearances

7.20 **Red Dwarf** Lister and Rimmer are marooned when the ship is hit by a meteor and crash lands on an icy planet.
8.00 **Keeping Up Appearances** Onslow's birthday causes trouble.
8.40 **Dad's Army** Godfrey learns his cottage is to be demolished to make way for a new airstrip.
9.20 **Not Going Out** Lucy decides that she wants to have a baby.
10.00 **Red Dwarf** A grotesque, salivating genetic mutant goes on the rampage. **10.35** Lister accidentally triggers the ship's self-destruct sequence.
11.10 **Bottom** Richie and Eddie try to improve their sex lives.
11.50 **Not Going Out** As 9.20pm.
12.30 AM **Men Behaving Badly**
1.05 **Bottom Live** Stage version of the comedy series from 1993.
3.20 **to 4.00** AM **Don't Wait Up**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Gadget Man's Guide to Christmas** A gadget-packed guide to the festive season.
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Fresh Food**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Greece with Simon Reeve** 1/2. A tour of the country.
4.00 **The Hairy Bikers' Bakeation** Si and Dave visit Slovakia, Hungary and Romania.
5.00 **Rick Stein's Fresh Food**

4.00 The Hairy Bikers' Bakeation

7.00 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish for ferox trout in the Scottish Highlands.
7.40 **Would I Lie to You?** With Jessica Hynes and Romesh Ranganathan. **8.20** Guests include Babatunde Aléshé and Claudia Winkleman.
9.00 **Have I Got a Bit More News for You** Adil Ray hosts the satirical quiz, with Jess Phillips MP and presenter Richard Osman.
10.00 **QI XL** Guests Jordan Gray, Jason Manford and Sara Pascoe join regular panellist Alan Davies and host Sandi Toksvig.
11.00 **8 Out of 10 Cats** With Jamie Laing, Jessica Knappett, Rose Matafeo and Geoff Norcott.
12.00 M'T **Mock the Week** With Rob Beckett and Stewart Francis.
12.35 AM **Would I Lie to You?**
1.55 **QI XL** With Cally Beaton.
2.55 **to 4.00** AM **8 Out of 10 Cats**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.30 **Doctors**
9.50 **Classic Holby City**
11.05 **Casualty**
12.05 PM **The Bill**
1.05 **Classic EastEnders**
2.20 **Tenko**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Clegg's memoirs cause concern for Howard. **6.40** Smiler and Marina attend a poetry group.

8.00 Sister Boniface Mysteries

7.20 **Last of the Summer Wine** Clegg comes off his bike while cycling downhill and fractures his foot.
8.00 **Sister Boniface Mysteries** *The Book of Shadows:* 4/12. A human sacrifice is discovered in the woods. (S2)
9.00 **The Chelsea Detective** *The Blue Room – Part Two:* 2/9. When the vault is opened, Rebekah is alive but unconscious. (S2)
10.00 **New Tricks** *The Curate's Egg:* The team investigate the case of a murdered vicar who received racist hate mail in the lead up to his death.
11.15 **Silent Witness** *In a Lonely Place:* Nikki and Jack travel to Scotland to examine the body of a dancer found in a forest.
1.30 AM **Lovejoy**
2.35 **Waiting for God**
3.10 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 3-5/21. (S19)
12.00 NOON **Law & Order**
6.05 PM **NCIS** *Last Dance:* 18/21. An arms dealer's release from prison leads to a wave of violence. **7.05** *The Brat Pack:* 19/21. The team look into a ring of clever teenage partygoers. **8.00** *All or Nothing:* 20/21. The team investigate the death of a US Navy reservist who was an investigative journalist. (S19)
9.00 **Jesse Stone: Sea Change** Crime drama starring Tom Selleck. The troubled small-town police chief Jesse Stone investigates the unsolved murder of a bank clerk.
10.50 **Law & Order: Special Victims Unit** (S13&12)
2.40 AM **Law & Order** (S24)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** The hospital suffers a huge backlog of patients.
9.00 **Ambulance: Code Red** An elderly man collapses at home and breaks his ankle. **10.00** A retired college lecturer suffers a cardiac arrest at a service station.
11.00 **Skin A&E** A pair of cysts.
12.00 M'T **Killer at the Crime Scene** A corpse found in a ditch by a dog walker.
1.00 AM **Police Interceptors**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
11.00 **Gunsmoke** (S12)
12.05 PM **FILM The Last Challenge** Western. (1967, PG, 90min) ★★
2.00 **FILM Pillars of the Sky** Western. (1956, PG) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A case involving an alleged assault and a missing crossbow. **7.00** The firearms squad go after a heavily armed suspect.
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 16/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: Strictly Special** From Newcastle.
11.00 **DIY SOS: EastEnders Special** As 7.00pm.
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
3.00 **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: Strictly Special** From Newcastle.
7.00 **DIY SOS: EastEnders Special** The cast of the soap help transform a building for use by a mental health charity.
8.00 **999 Rescue Squad**
9.00 **Shades of Blue**
11.00 **Antiques Road Trip**
1.00 AM **Ambulance Australia** Documentary.
2.00 **to 3.00** AM **Louis Theroux's Weird Weekends: Christmas Special**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Battle Honours**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Battle Honours**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow** From Hartland Abbey.
7.00 **Frozen Planet II** Wildlife that has adapted to survive in frozen mountain regions.
8.00 **Explore** Simon Reeve heads to Argentina.
9.00 **Tropic of Cancer with Simon Reeve** Simon witnesses the effect of extreme poverty on the people of Bangladesh.
10.00 **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** South Wales.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus unearths a collection of quirky scientific instruments.
8.00 **Antiques Road Trip** Charles Hanson and Raj Bisram visit Berkshire, Wiltshire and Somerset.
9.00 **Who Do You Think You Are?** With Gary Lineker.
10.00 **Rich House, Poor House**
11.00 **Help! My House Is Haunted** Triple bill
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Wednesday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S3)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 19&20/22. (S9)
1.00 PM **The Waltons** (S3)
4.00 **Little House on the Prairie** 21&22/22. (S9)
6.00 **Ballykissangel** (S6)
7.00 **M*A*S*H** 18/25. Father Mulcahy takes on a dangerous mission.
7.30 19/25. Radar becomes a DJ.
8.00 20/25. Hot Lips has a pregnancy scare.
8.30 21/25. Charles has good financial news. (S6)
9.00 **Sparkling Cyanide** Agatha Christie murder mystery starring Anthony Andrews and Deborah Raffin.
11.05 **The Ruth Rendell Mysteries** 2/8. (S3)
12.15 AM **M*A*S*H** (S6)
2.25 **Air Rescue**
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **FILM Johnson County War – Part 2** Western adventure. (2002, 12, 89min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** Double bill. (S1)
3.00 **FILM Paths of Glory** Classic drama. (1957, b/w, PG, 86min) ★★★★★
5.05 **FILM Seattle Superstorm** Drama. (2012, PG, 95min) ★★
7.00 **FILM Hours** Thriller. (2013, 12, 93min) ★★
9.00 **FILM Redemption** Action drama starring Jason Statham. (2013, 15, 100min) ★★
11.15 **FILM The Double** Thriller. (2011, 12, 94min) ★★
1.25 AM **Dragon Ball Super**
2.25 **Coast Guard Alaska**
3.20 **FILM Stonados** Drama. (2013, PG, 90min) ★
4.45 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Hailey Dean Mysteries** Crime drama.
10.05 **FILM Picture Perfect Mysteries: Newlywed and Dead** Crime drama. (2019, PG, 90min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S2)
2.00 **Castle** 20/24. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 21/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** (S2)
10.00 **FILM Haunted Harmony Mysteries: Murder in G Major** Crime drama. (2024, PG, 90min) ★★
11.55 **FILM Lost Letter Mysteries: Time to Start Livin'** Thriller. (2014, PG, 90min) ★★
1.50 AM **FILM Live Once, Die Twice** Thriller. (2006, 12, 90min) ★★
3.25 **to 5.00** AM **FILM True Justice** Thriller. (2023, PG, 74min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.00 AM **FILM It Was Always You** Drama. (2021) ★★
10.00 **FILM When Love Came to Town** (2014, PG) ★★
12.00 NOON **FILM Finding Mr Right** Romantic comedy. (2022, U, 91min) ★★
2.00 PM **FILM Pearl in Paradise** Romance. (2018, PG, 90min) ★★
3.55 **FILM This Little Love of Mine** Romantic drama. (2021, U, 91min) ★★
5.55 **FILM The Perfect Pairing** Romantic drama. (2022, U, 82min) ★★
7.45 **FILM Never Too Late to Celebrate** Drama. (2023, PG, 90min) ★★
9.35 **FILM Love at First Dance** Romantic drama. (2018, U, 84min) ★★
11.40 **FILM Be My Valentine** Romantic comedy. (2013, PG, 90min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Pearl in Paradise** As 2.00pm.

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Love Your Garden**
2.00 **Country House Auction**
3.00 **New Home DIY**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Love Your Garden**
7.00 **Garden Rescue**
9.00 **Yorkshire by the Sea** Fisherman Darren heads into the North Sea in search of lobster, and a couple launch the first wine grown in their Robin Hood's Bay vineyard.
10.00 **FILM Mary Millington: Confessio ★★ ns from the David Galaxy Affair** Comedy with Alan Lake. (1979, 18, 92min) ★★
12.00 M'T **FILM Cruel Passion** Drama with Koo Stark. (1977, 18, 99min) ★★
2.00 AM **This Farming Life**
3.15 **Robson Green's Weekend Escapes**
4.00 **to 5.00** AM **New Home DIY**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor at Large**
10.30 **Two's Company** (S4)
11.00 **The Fenn Street Gang** (
11.30 **The Dustbinmen** (S3)
12.00 NOON **Randall and Hopkirk (Deceased)**
1.00 PM **Agony** 1/6. (S1)
1.30 **The Gaffer** 4/7. (S2)
2.00 **Second Thoughts** (S1)
2.30 **The Fenn Street Gang**
3.00 **Hank the Cowboy**
3.15 **We Had One of Those**
3.25 **Boon** 10/13. (S4)
4.30 **Further Out of Town**
5.00 **Stereo Underground**
6.00 **The Gaffer** 4/7. (S2)
6.30 **Only When I Laugh**
7.00 **Two's Company** (S4)
7.30 **Doctor at Large**
8.00 **Randall and Hopkirk...**
9.00 **Drop the Dead Donkey**
10.00 **FILM This That and the Other** (1970, 18) ★★
11.40 **FILM Queen of the Blues** (1979, 18) ★★
12.55 AM **Stereo Underground**
1.55 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **NEW SERIES Tiny House, Big Living** A couple want a 'firehouse-on-wheels.'
9.30 New editions A designer creates a sleek, tiny house.
10.00 A couple decide to build a tiny custom house in San Francisco.
10.30 A couple plan to relocate to Florida.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **The Hairy Bikers' Northern Exposure**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin: Delicious** Triple bill.
2.30 **James Martin's Brittany**
3.00 **The Hairy Bikers' Northern Exposure**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **Sophie Grigson: Slice of Italy** Double bill.
10.00 **Jamie's 5 Ingredient Mediterranean Meals**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 11/28. (S1)
9.00 **T.J. Hooker** 6/19. (S5)
10.00 **Babylon 5** 22/23. (S1)
11.00 **FILM Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
1.00 PM **FILM Eagle's Wing** Western. (1978, PG, 111min) ★★★★
3.00 **FILM Boot Hill** Comedy western. (1969, PG, 91min) ★★
5.00 **Star Trek** 13/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 23/23. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM Immortals** Epic action adventure. (2011, 15, 110min) ★★★
11.20 **FILM Primal** Thriller starring Nicolas Cage. (2019, 15, 97min) ★★★
1.20 AM **FILM The Guest** Comedy thriller. (2014, 15, 100min) ★★★★
3.10 **to 5.00** AM **FILM Steel Sharks** Action adventure. (1996, 18, 91min) ★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Gambler: The Adventure Continues**
11.00 **Andromeda** 14/22. (S3)
12.00 NOON **FILM Mammoth** Sci-fi thriller. (2006, 12, 90min) ★★★
2.00 PM **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
4.00 **Walker, Texas Ranger**
5.00 **FILM Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
7.00 **Andromeda** 15/22. (S3)
8.00 **The A-Team** 10/23. (S2)
9.00 **FILM Rambo: Last Blood** Thriller sequel with Sylvester Stallone. (2019, 18, 89min) ★★
10.55 **FILM Dragon Blade** Historical adventure starring Jackie Chan. (2015, 15, 101min) ★★
1.00 AM **FILM Rambo: Last Blood** As 9.00pm.
3.00 **FILM Night of the Big Heat** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.45 **Pawn Stars**
7.30 **Full Custom Garage**
8.25 **Junk & Disorderly**
9.20 **Canadian Pickers**
1.05 PM **Pawn Stars**
2.05 **Junk & Disorderly**
3.05 **Full Custom Garage**
4.05 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Storage Wars Canada**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Weird Britain** New edition Hampshire.
10.00 **The UnXplained with William Shatner**
11.00 **Paranormal: Caught on Camera**
12.00 M'T **Mysteries from Above** A 'lost' city.
1.00 AM **Alien Files: Unsealed**
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn: Behind the Deal**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Wales.
12.00 NOON **All Creatures Great and Small** (S2)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Coastal Britain with Helen, Jules & JB**
6.00 **The Secret Life of Trees**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Keeping Faith** 8/8. Faith fights for her children in a court battle that risks tearing the Howells family apart. (S1)
10.10 **The Madame Blanc Mysteries** *Windows:* 6/6. A vengeful ex-con plans on tracking down Patrick. (S3)
11.10 **Prisoner: Cell Block H**
1.15 AM **Secrets of the Royal Palaces**
3.10 **to 4.00** AM **Coastal Britain with Helen, Jules & JB**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Quiz show.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With Dev Griffin, Fallon Sherrock, Jacqui Oatley and Johnny Vegas.
11.00 **Bullseye** Double bill.
12.00 M'T **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
1.00 AM **The Chase**
2.00 **The Chase Celebrity...**
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **The 6000lb Diaries with Dr Now** New edition Twins Destinee and Dynastiee are determined to lose weight together with Dr Now's help.
10.00 **Dangerously Obese** New edition Bryan's obesity has caused him to miss too many activities with his family, so he decides surgery is the only path forward.
11.00 **Unacceptable**
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S5&8)
9.00 **Everybody Loves Raymond** (S1)
11.00 **The Upper Hand** (S2)
1.00 PM **Friends** (S3)
7.00 **Friends** 21/25. Ross makes a sacrifice.
7.30 22/25. Joey's play gets terrible reviews.
8.00 23/25. Ross finds a growth on his buttocks.
8.30 24/25. Guest stars Robin Williams and Billy Crystal. (S3)
9.00 **Michael McIntyre's Big Surprises**
10.00 **8 Out of 10 Cats Uncut**
11.40 **Teachers** New episode 19/20. Comedy. (S3)
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **South Park**
3.05 **Michael McIntyre's Big Surprises**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S9)
6.50 **Modern Horror Stories**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's...**
11.00 **Friends** (S1&2)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S9&S1)
7.00 **Michael McIntyre's Big Show** With Tom Odell.
8.00 **The Upper Hand** (S2)
9.00 **Friends** (S5&8)
10.00 **South Park**
1.00 AM **Beavis and Butt-Head** (S3)
1.30 **Mike Judge's Beavis and Butt-Head** (S3)
2.00 **Michael McIntyre's...**
3.00 **Most Ridiculous**
3.45 **New Girl** (S5)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.20 **Bread** 10/14. (S5)
10.55 **Steptoe and Son** (S7)
11.35 **Oh, Doctor Beeching!**
12.10 PM **Rising Damp** (S3)
12.40 **Man About the House**
1.10 **Goodnight Sweetheart**
1.50 **When the Boat Comes In** 3/15. Drama. (S3)
2.50 **Minder** 11/13. (S2)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 10/14. (S5)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp** 1/7. (S3)
6.45 **Steptoe and Son** (S7)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 4/13. (S9)
9.00 **Benidorm** 4/7. (S4)
9.55 **Shameless** 7/8. (S3)
11.00 **Man About the House**
11.25 **Mind Your Language**
12.00 M'T **Benidorm** 4/7. (S4)
12.55 AM **Minder** 13/13. (S2)
2.00 **Duty Free**
2.50 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
10.30 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: Love Triangles** Reality series.
1.00 PM **Catfish: The TV Show** Reality series.
2.00 **Catfish: Troublemakers**
3.00 **Catfish: The TV Show**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Catfish UK**
8.00 **Judge Judy**
8.30 **MTV Cribs**
9.00 **Skin A&E**
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

8 July **Wednesday**

Wednesday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Filthy Fortunes**
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made: Sports Equipment** Four editions.
5.00 **Alaska: Homestead Rescue** Helping a couple whose Idaho homestead is threatened by an approaching wildfire. **6.00** A California wildfire prompts Marty to clear cut trees and create an evacuation ark for the Grants' livestock.

10.00 **Mighty Truckers**

7.00 **Shorty's Dream Shop** NFL star Matt Judon wants to make over his father's 1977 Eldorado.
8.00 **Shorty's Dream Shop** Shorty and the team plan to turn the shell of a 1967 Nova into a mean street machine.
9.00 **Wheeler Dealers** Mike Brewer and Marc 'Elvis' Priestley rescue a Austin Allegro barn-find.
10.00 **Mighty Truckers** New edition Trucker Massimo reflects on his former part-time job as a go-go dancer.
11.00 **Expedition X** The team search for an unholy horde of the undead terrorising rural Spain.
12.00 M'T **Caught!** Double bill.
1.00 AM **Wheeler Dealers**
2.00 **Mighty Truckers**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees** Lizzy and Elise struggle to rescue a dangerously dehydrated dog.
3.00 **My Cat from Hell**
5.00 **Lone Star Law** Eddins responds to a downed power line with active wire.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps a dog that was lost during a windstorm.

8.00 **Dog Detectives**

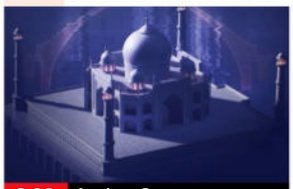
7.00 **Treehouse Masters** Pete builds a window-walled art studio and a bohemian clubhouse for 13-year-old singer Grace VanderWaal.
8.00 **Dog Detectives** Devastating news about PC McIntyre's German shepherd Rudi jeopardises their future together.
9.00 **Alaska: The Last Frontier** Eve goes deerhunting for the first time in years, and finds herself face to face with a buck.
10.00 **Alaskan Bush People: Book of Bird** An interview with Bird, the Brown brothers' sharp-shooting sister.
11.00 **The Haunted** A couple call in a demonologist when they hear ghostly threats and find bloody handprints on their baby's crib.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Hidden Beneath the Cities**
11.00 **Car S.O.S** A Suzuki Jimny.
12.00 NOON **Seconds from Disaster**
1.00 PM **Air Crash Investigation**
2.00 **Hitler's Last Stand**
4.00 **Strangest Things**
5.00 **WWI Wrecks: Drain the Oceans** Digital re-creations are used to explore the wreckage of ships from the Battle of Jutland in 1916.
6.00 **World War II: Secrets from Above** The story behind the Dambusters mission of 1943.



8.00 **Ancient Structures**

7.00 **Air Crash Investigation** Investigators uncover that a plane crash that may have been caused by abusive behaviour.
8.00 **Ancient Structures: Secrets Revealed** New edition Monuments that transcend death such as the Taj Mahal.
9.00 **Egypt's Sun King: Secrets and Treasures** The first newly discovered burial place since Tutankhamun.
10.00 **Lost Tombs of the Pyramids** In the shadow of the pyramids, a team of archaeologists embark on an excavation.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Car S.O.S** A Citroën HY Van.
2.55 **To Catch a Smuggler**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Mountain Men**
9.15 **Pawn Stars**
10.10 **Storage Wars**
1.00 PM **History's Greatest Warriors** As 9.00pm.
2.00 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
3.00 **Junk & Disorderly: Henry's Wreck-trospective**
4.00 **Storage Hunters**
6.00 **American Pickers** Mike Wolfe and Jersey Jon turbo-pick a stockpile in Tennessee.

10.00 **Mysteries Unearthed**

7.00 **Forged in Fire** Two previous champions face off in a gruelling five-hour challenge, making a blade inspired by Hollywood.
8.00 **Storage Wars** New edition Kenny tries to curb his swearing, while Dave risks it all on a high-end locker.
9.00 **History's Greatest Warriors** New edition Focusing on the story of the Templar Knights.
10.00 **Mysteries Unearthed with Danny Trejo** New edition Discoveries that prove some secrets refuse to stay buried.
11.00 **Cursed Treasures**
12.00 M'T **Junk & Disorderly: Henry's Wreck-trospective**
12.55 AM **Storage Hunters**
1.50 **Storage Wars** As 8.00pm.
2.50 **History's Greatest Warriors**
3.40 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
4.25 **Storage Hunters**
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Meryl Streep**
8.00 **The Directors**
9.00 **The Movies**
10.00 **Janet Jackson**
11.00 **Escobar by Escobar**
12.00 NOON **Lance** 1&2/2. Examining of the rise and fall of Lance Armstrong.
4.00 PM **The Directors**
5.00 **Discovering: Meryl Streep**
6.00 **Dart Kings** The story of Jocky Wilson, charting his rise and fall and the lasting impact he made on the sport he loved.

9.00 **Katie Price: Nothing to Hide**

7.00 **Becoming Madonna** Documentary charting Madonna's rise to stardom, drawing from a cache of recently uncovered audio tapes in which the singer reflected on her life and career.
9.00 **NEW SERIES Katie Price: Nothing to Hide** 1/4. Profile of the model and reality TV star, with previously unseen footage.
10.10 **FILM Amy** Asif Kapadia's documentary portrait of singer-songwriter Amy Winehouse. (2015, 15, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM **Kurt Cobain: Montage of Heck** Brett Morgen explores the Nirvana frontman's life.
3.00 **Jealous Guy: The Assassination of John Lennon** The life and career of the Beatles superstar.
4.45 **My Icon: Christine Ohuruogu**
5.00 **to 6.00** AM **Discovering: Meryl Streep**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Crystal Hunters**
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Vintage phones.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** A menagerie of animal-themed items.
9.00 **Angus Ashworth: Yorkshire Heritage Hero** Birdsall House.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** The case of Julissa Brisman.
9.00 **Hunt for the Missing: Chicago** New edition The disappearance of Marlo Gulley.
10.00 **American Detective with Lt Joe Kenda**
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** A horrific ambush on Shane Gilmer and Laura Sugden.
8.00 **UK Crime Files: Murder in the Family** The case of actor Gemma McCluskie.
9.00 **UK Crime Files: Killer on the Run** Geoffrey Wansell revisits the case of Terry Clifton.
10.00 **Bloodline Detectives** New edition The story of 'Baby Precious', which stunned a community.
11.00 **New Scotland Yard Files** Examining the case of Laila Rezk.
12.00 M'T **UK Crime Files: Murder in the Family**
1.00 AM **UK Crime Files: Killer on the Run**
2.00 **Bloodline Detectives**
3.00 **Murder UK**
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Head on the Beach**
9.55 **UK Crime Files: Murder: Buried Alive**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Serial Killer in the Making?** Documentary.
3.00 **UK Crime Files: Railway Murders**
4.00 **Secrets of a Murder Detective** Documentary.
5.00 **Medical Detectives** The case of a lawyer who was battered to death. **5.30** Police think a serial killer is on the loose. **6.00** A woman is found dead on a golf course. **6.30** A missing horse rider's body is found.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My Village** Sarah Henshaw.
1.00 PM **Murder Uncut**
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Forensics: Catching the Killer** Documentary.
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Murdered at First Sight**
10.00 **Terror on Long Island**
12.00 M'T **World's Most Evil Killers** Jorge Avila-Torrez.
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Britain's Most Evil Killers**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **1066: A Year to Conquer England**
9.30 **WWII in Colour...**
10.35 **Immortal Egypt with Joann Fletcher**
11.55 **The War** As 9.50pm.
1.00 PM **1066: A Year to Conquer England**
2.30 **WWII in Colour: Road to Victory**
3.35 **Immortal Egypt with Joann Fletcher**
4.55 **The War** As 9.50pm.
6.05 **1066: A Year to Conquer England**
7.20 **WWII in Colour: Road to Victory**
8.30 **Immortal Egypt with Joann Fletcher**
9.50 **The War** The state of American communities one year after the US entered World War Two.
10.55 **WWII in Colour: Road to Victory**
12.00 M'T **Immortal Egypt with Joann Fletcher**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Wednesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hunters**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Africa's Hunters**
6.00 **Predators**
7.00 **Monkey Life** Double bill.
8.00 **Macaque Island** A brawl erupts after the Street Troop find the Hill Troop on their turf.
9.00 **Tales from Zambia** Stories of why African animals have evolved the way they have.
10.00 **Predators**
11.00 **Africa's Hunters**
12.00 M'T **Wild Rockies**
1.00 AM **Hope for Wildlife**
2.00 **Macaque Island**
3.00 **Tales from Zambia**
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Ships**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** A look into rumours that advanced military aircraft, such as the SR-71 Blackbird and B-2 Spirit Bomber, were designed from reverse engineered alien technology.
8.00 **Hell on Earth: WWII** Germany continues to build its empire in Europe, and Hitler seeks to crush Britain with the Luftwaffe.
9.00 **Hazardous History with Henry Winkler** The actor explores the thrilling world of vintage daredevils.
10.00 **Rome: Rise and Fall of an Empire** Spartacus' revolt against General Crassus' army.
11.00 **Ancient Aliens**
1.00 AM **UFO Hunters**
2.00 **Ancient Aliens**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
11.00 **Codes and Conspiracies**
1.00 PM **Secrets Underground**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?**
9.00 **Expedition Bigfoot** Russell finds a structure he believes is a Bigfoot nest. Meanwhile, new team member Ronny joins Mireya in a race to the nest to collect DNA samples. **10.00** Mireya and Ronny make a powerful discovery in the area around the nest. Meanwhile, Bryce suspects Bigfoot is emoting infrasound to repel the team from its territory.
11.00 **Unexplained and Unexplored** Explorers Justin Fornal and Emiliano Ruprah investigate the Knights Templar. **12.00** M'T Justin and Emiliano investigate an international conspiracy involving the highest levels of government.
1.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **#Dead2Me**
2.00 PM **Green Eyed Killers**
3.00 **The Real Murders of Los Angeles** Triple bill of editions.
6.00 **On the Case with Paula Zahn** A college student is abducted.
7.00 **The First 48** Tulsa police find a woman beaten to death.
8.00 **Green Eyed Killers** A former fire chief executes his partner.
9.00 **Manifesto of a Serial Killer** The story of the biggest serial killer case in California history.
10.00 **City Confidential** Investigators urgently pursue a bomber who is targeting churches.
11.00 **Look What You Made Me Do**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **America's Wild Heartlands**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo**
1.00 PM **Snakes in the City**
2.00 **The Flooded Desert**
3.00 **Shark Men**
4.00 **Born in Africa**
5.00 **The Incredible Dr Pol**
6.00 **Yukon Vet Compilation**
7.00 **Snakes in the City Compilation** New edition Highlights from the series.
8.00 **Snakes in the City: Venomous Face-Off** Compilation of highlights from the series.
9.00 **Monster Snakes** The world's most dangerous constrictors.
10.00 **Northwoods Survival** Margot, Matty, Billy, Emilie and Gilbert face pre-winter challenges.
11.00 **Ice Road Rescue**
12.00 M'T **Alaska Animal Rescue**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Swamp Men**

Discovery History

161/172 147 181

7.00 AM **Houdini's Last Secrets**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Examining the Moon's incredible, violent and dynamic history.
8.00 **Houdini's Last Secrets** Experts recreate Houdini's escape from a Siberian prison van, which some believed was a conspiracy to spy for the US government.
9.00 **Legendary Locations** Five legendary locations where appearances can be deceiving.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Martin Clunes: Islands of Australia** 1-3/3. Triple bill.
12.00 NOON **Man and Beast with Martin Clunes** Documentary.
1.00 PM **Martin Clunes: Islands of Australia** 1-3/3. Triple bill.
4.00 **Man and Beast with Martin Clunes** Documentary.
5.00 **Bangers & Cash** Derek heads out to pick up a pair of beautiful Swedish models – a Saab 96L and a Volvo P1800ES. **6.00** A 1967 Aston Martin DB6 could be the most expensive car ever sold at the auction. **7.00** A collection of Austin Mini Metros arrive for auction. **8.00** There's an unlikely arrival at the North Yorkshire car auction – an Argentinian Army Mercedes G wagon that saw action in the Falklands War. **9.00** Derek has three scooters to collect, while also finding room for a Daimler and a caravan.
10.00 **Bangers & Cash**
5.30 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

8.00 AM **Love the Way You Lie**
10.00 **Twisted Love**
12.00 NOON **Betrayed**
1.00 PM **American Monster**
3.00 **Real Time Crime**
7.00 **Atlanta Justice** Demetra Smith was living in marital bliss with her new husband, but her happiness was cut short when her stepdaughter finds her shot execution-style in her bed. **8.00** Focusing on the case of Richard Davis, who was ambushed and fatally shot after coming to the aid of a woman with a broken down vehicle.
9.00 **Body Cam** An officer tracks down an armed carjacker and comes under heavy fire. Plus, a stabbing in broad daylight forces the police to take decisive action.
10.00 **Feds** New edition A kidnapping case brings FBI agents to Illinois in a race against time.
11.00 **Road Rage**
1.00 AM **Undercover Underage**
2.00 **Real Time Crime**
4.00 **to 6.00** AM **Atlanta Justice**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead: Born Mechanic**
3.00 **The Explosion Show**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** New edition Mike and his friends rebuild an old mega truck and embark on a race.
9.00 **Outback Truckers**
10.00 **Hand Built Hot Rods**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Workshop** Richard brings in a business consultant to make the workshop more efficient.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.05 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
7.50 **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★
9.55 **Bugonia** As 8.00pm.
12.05 PM **Strung** As 5.55pm.
2.10 **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
4.00 **The Choral** Period comedy drama starring Ralph Fiennes. (2025, 15, 113min) ★★★★
5.55 **Strung** Thriller starring Chloe Bailey. (2026, 15, 119min)

10.05 Carolina Caroline

8.00 Bugonia Offbeat comedy thriller starring Emma Stone, Jesse Plemons and Aidan Delbis. Two conspiracy-obsessed men kidnap the high-powered CEO of a company, convinced she is an alien intent on destroying Earth. (2025, 15, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Carolina Caroline Crime thriller starring Samara Weaving and Kyle Gallner. A young woman joins a charismatic con man on the run, leaving a trail of crime and passion. (2025, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Lee Cronin's The Mummy** Supernatural horror starring Jack Reynor and Natalie Grace. (2026, 18, 134min) ★★★
2.30 **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
4.15 **to 6.00** AM **LifeHack** Heist thriller. (2025, 15, 97min)

Sky Cinema Bourne

303 303 403 503 517

6.40 AM **The Bourne Legacy**
9.10 **Jason Bourne** As 8.00pm.
11.20 **The Bourne Identity** (2002)
1.30 PM **The Bourne Supremacy**
3.30 **The Bourne Ultimatum** Spy thriller sequel based on Robert Ludlum's novel, starring Matt Damon and Julia Stiles. (2007, 12, 115min) ★★★★
5.30 **The Bourne Legacy** Spy thriller sequel starring Jeremy Renner and Rachel Weisz. (2012, 12, 129min) ★★★

3.30 The Bourne Ultimatum

8.00 Jason Bourne Action thriller sequel starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Julia Stiles. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Bourne Identity Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Bourne Supremacy** Spy thriller sequel starring Matt Damon and Brian Cox. (2004, 12, 108min) ★★★★
2.30 **The Bourne Ultimatum**
4.40 **Sky Cinema Preview**
5.15 **to 7.40** AM **The Bourne Legacy** As shown at 5.30pm.

Sky Cinema Drama

310 310 410 510 524

6.30 AM **The End of the Affair**
8.20 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
10.15 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
12.15 PM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★
2.30 **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
4.15 **September 5** Fact-based thriller. (2024, 15, 95min) ★★★★
6.00 **True Grit** Western remake. (2010, 15, 110min) ★★★★
8.00 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix and Lady Gaga. Unhinged comedian Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. (2024, 15, 138min) ★★★★
10.25 **Lost in Translation** Sofia Coppola's bittersweet romantic comedy drama starring Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
12.15 AM **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. (2018, 15, 136min) ★★★★★
2.40 **The End of the Affair** Romantic drama. (1955, PG, 106min) ★★
4.35 **to 6.00** AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

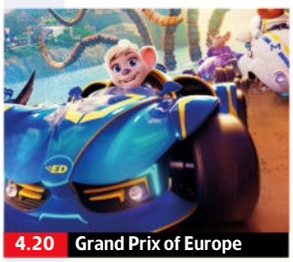
6.35 AM **Annabelle** Horror. (2014, 15, 97min) ★★
8.20 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
10.20 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
12.20 PM **Salem's Lot** Horror. (2024, 15, 109min) ★★★
2.20 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
3.55 **The Conjuring: Last Rites** Horror. (2025, 15, 135min) ★★★
6.15 **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
8.00 **The Meg** Action thriller starring Jason Statham and Li Bingbing. (2018, 12, 113min) ★★★
10.00 **Interview with the Vampire** Gothic horror thriller based on the novel by Anne Rice, starring Tom Cruise and Brad Pitt as centuries-old vampires roaming the world in search of fresh prey. (1994, 18, 122min) ★★★★
12.05 AM **The Exorcist** Occult horror. (1973, 18, 121min) ★★★★★
2.10 **Smile 2** Horror thriller sequel. (2024, 18, 127min) ★★★★
4.20 **Man Finds Tape** Horror thriller. (2025, 15, 84min) ★★★★
5.50 **to 7.25** AM **Aeon Flux** Sci-fi thriller. (2005, 15, 93min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.15 AM **The Muppets Take...**
7.55 **Flavia** (2026, PG) ★★★
9.35 **Grand Prix of Europe** (2025)
11.15 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
12.50 PM **Sing** (2016, U) ★★★
2.40 **Matilda** Roald Dahl's fantasy. (1996, PG, 98min) ★★★★
4.20 **Grand Prix of Europe** Animation. (2025, U, 85min)
6.00 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★



4.20 Grand Prix of Europe

8.10 **Wicked** Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A popular girl and a young woman ridiculed for her green skin become friends at Shiz University in the Land of Oz. With Jonathan Bailey and Jeff Goldblum. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Muppets Take Manhattan** Musical. (1984, U, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Angry Birds Movie** Animated comedy adventure. (2016, U, 97min) ★★★
2.10 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
3.55 **The Cinema List: Family Favourites**
4.15 **to 6.15** AM **Annie** Musical remake starring Jamie Foxx. (2014, PG, 115min) ★★★

Sky Cinema Action

306 306 407 507 521

7.30 AM **Kraven the Hunter**
9.40 **Venom: The Last Dance** Fantasy starring Tom Hardy. (2024, 15, 110min) ★★★
11.35 **Shazam!** Comedy adventure. (2019, 12, 132min) ★★★★
1.50 PM **Hellboy II: The Golden Army** As shown at 10.20pm.
3.55 **The Long Kiss Goodnight** Thriller starring Geena Davis. (1996, 18, 120min) ★★★★
6.00 **Venom** Fantasy adventure. (2018, 15, 112min) ★★★

10.20 Hellboy II

8.00 **Jurassic World: Rebirth** Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Hellboy II: The Golden Army** Comic-book horror fantasy starring Ron Perlman, Selma Blair and Doug Jones. (2008, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Kraven the Hunter** Fantasy adventure starring Aaron Taylor-Johnson. (2024, 15, 127min) ★★★
2.45 **Bloodshot** Sci-fi thriller with Vin Diesel and Guy Pearce. (2020, 12, 109min) ★★
4.40 **Sky Cinema Preview**
5.35 **to 7.30** AM **Novocaine** Action comedy starring Jack Quaid. (2024, 15, 80min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.35 AM **Sausage Party** Animation. (2016, 15, 89min) ★★★
9.10 **Jackie Chan's The Tuxedo**
10.50 **Finding Your Feet** Comedy. (2017, 12, 109min) ★★
12.45 PM **Mamma Mia!** As 12.50am.
2.35 **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
4.35 **Police Academy** Comedy. (1984, 15, 95min) ★★★
6.20 **Jackie Chan's The Tuxedo** Comedy. (2002, 12, 98min) ★★

8.00 Police Academy 2

8.00 **Police Academy 2: Their First Assignment** Comedy sequel starring Steve Guttenberg. Six inept recruits are drafted to fight a crime wave. (1985, 12, 87min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Arthur** Comedy starring Dudley Moore and Liza Minnelli. A drunken playboy falls in love with a kooky shoplifter. With John Gielgud. (1981, 15, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **National Lampoon's Vacation** Comedy with Chevy Chase. (1983, 15, 95min) ★★
12.50 AM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
2.40 **Team America: World Police** Spoof of Hollywood action movies performed by puppets. (2004, 15, 98min) ★★★★
4.20 **Cinema List: Risky Romance**
4.35 **to 6.30** AM **Superbad** Teen comedy starring Jonah Hill. (2007, 15, 113min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Head Count** As 4.05am.
7.30 **Psycho** As shown at 12.20am.
9.25 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
11.20 **The Accountant** Thriller. (2016, 15, 123min) ★★★
1.30 PM **The Equalizer** Thriller. (2014, 15, 132min) ★★★
3.45 **The Equalizer 2** Thriller sequel starring Denzel Washington. (2018, 15, 121min) ★★★
5.50 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★

10.00 Se7en

8.00 **Civil War** Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. With Wagner Moura, Cailee Spaeny and Nick Offerman. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Se7en** Thriller starring Brad Pitt and Morgan Freeman. A homicide detective and his young partner pursue a serial killer who is selecting his victims according to the Seven Deadly Sins. (1995, 18, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Psycho** Chiller. (1960, b/w, 15, 109min) ★★★★★
2.20 **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
4.05 **Head Count** Mystery thriller. (2023, 15, 77min) ★★★
5.40 **to 8.05** AM **Chinatown** Thriller. (1974, 15, 131min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Heiress** Romantic drama with Olivia de Havilland. (1949, b/w, U, 115min) ★★★★
1.20 PM **Patton** World War Two biopic starring George C Scott. (1969, PG, 163min) ★★★★
4.40 **Mysterious Island** Fantasy adventure starring Michael Craig. (1961, U, 97min) ★★★
6.45 **The Eagle** Adventure starring Channing Tatum and Jamie Bell. (2011, 12, 113min) ★★★

9.00 The Equalizer 3

The Eagle (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. With David Denman and Eugenio Mastrandrea. (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **PREMIERE** **Red Rooms** Canadian thriller with Juliette Gariepy. A model obsessively attends the trial of an alleged serial killer who committed his crimes live online. Partly subtitled. (2023, 18, 118min) ★★★★ *See review, page 21.*
1.30 **to 3.40** AM **The Innocents** Vintage ghost story. (1961, b/w, 12, 100min) ★★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.55 AM **Don't Let's Go to the Dogs Tonight** Drama written, directed by and starring Embeth Davidtz. (2024, 15, 99min) ★★★★
8.40 **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
10.30 **The Plague** As 1.25am.
12.15 PM **Borderline** Horror comedy. (2025, 15, 94min) ★★★
1.55 **The Choral** Comedy drama. (2025, 15, 113min) ★★★★
3.55 **Downton Abbey: The Grand Finale** Period drama spin-off. (2025, PG, 123min) ★★★★
6.05 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
8.00 **Final Destination: Bloodlines** Supernatural horror starring Kaitlyn Santa Juana, Teo Briones and Richard Harmon. (2025, 15, 110min) ★★★★
10.00 **The Toxic Avenger** Horror comedy starring Peter Dinklage. (2023, 18, 102min) ★★★
11.50 **Coyotes** Comedy thriller. (2025, 15, 95min) ★★★
1.25 AM **The Plague** Psychological thriller. (2025, 15, 98min) ★★★★
3.15 **Cookster: The Darkest Days** Drama. (2024, 15, 119min) ★★★
5.25 **to 7.00** AM **Hostages** Comedy thriller. (2025, 15, 90min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.05 AM **Tootsie** As 4.10pm.
9.05 **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★
10.55 **Big Daddy** Comedy with Adam Sandler and Kristy Swanson. (1999, 12, 95min) ★★★
12.35 PM **Billy Madison** Comedy. (1995, PG, 90min) ★★
2.10 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
4.10 **Tootsie** Comedy starring Dustin Hoffman and Jessica Lange. (1982, 15, 116min) ★★★★
6.10 **My Girl** Comedy drama with Dan Aykroyd and Anna Chlumsky. (1991, PG, 105min) ★★
8.00 **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. (1999, 15, 120min) ★★★★
10.10 **Moulin Rouge** John Huston's colourful biopic starring José Ferrer as 19th-century French artist Toulouse-Lautrec. (1952, PG, 120min) ★★★
12.15 AM **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
2.35 **The African Queen** Adventure. (1951, U, 100min) ★★★★★
4.35 **The Cinema List: Remakes**
5.05 **to 7.10** AM **Escape to Victory** Wartime drama. (1981, PG) ★★★

Disney+ Cinema

305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★
7.20 **The Parent Trap** Comedy remake. (1998, PG) ★★★
9.30 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
11.15 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
1.05 PM **Ratatouille** Animation. (2007, U, 106min) ★★★★★
2.55 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
5.20 **A Bug's Life** Animated feature. (1998, U, 94min) ★★★★★
6.55 **Beauty and the Beast** Musical (2017, PG, 129min) ★★★★
9.00 **Aliens Vs Predator: Requiem** Sci-fi action adventure sequel starring Steven Pasquale. (2007, 15, 89min) ★★
10.40 **Alien: Romulus** Horror thriller. (2024, 15, 119min) ★★★★
12.45 AM **Flightplan** Suspense thriller. (2005, 12, 98min) ★★★★
2.25 **Dodgeball: A True Underdog Story** Sports comedy. (2004, 12, 92min) ★★★★
4.00 **to 6.00** AM **The Princess Diaries** Family comedy. (2001, U, 115min) ★★★

Movies 24

312 313 419

7.00 AM **Christmas at the Catnip Cafe** Festive romantic drama. (2025, PG, 90min) ★★
9.00 **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
11.00 **Navigating Christmas** Festive drama. (2023, PG, 84min) ★★
1.00 PM **The Christmas Quest** Festive adventure starring Lacey Chabert. (2024, PG, 90min) ★★
3.00 **Sugarplummed** Romantic drama. (2024, PG, 90min) ★★
5.00 **Three Wisest Men** Comedy drama. (2025, PG, 84min) ★★
7.00 **The Great Christmas Light Up** Festive comedy sequel starring Lacey Chabert and Wes Brown. (2023, PG, 84min) ★★
9.00 **Santa Tell Me** Romantic drama starring Erin Krakow and Daniel Lissing. (2024, PG, 84min) ★★
11.00 **Christmas with a Kiss** Romantic drama with Mishael Morgan. (2023, PG, 85min) ★★
1.00 AM **A Royal Montana Christmas** Festive drama. (2025, PG, 90min) ★★
3.00 **to 5.00** AM **Trivia at St Nick's** Festive comedy starring Tammin Sursok. (2024, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Mark of Cain** Crime drama. (1947, b/w, PG, 88min) ★
7.50 **The Dark Eyes of London** Horror. (1939, b/w, PG) ★★★
9.20 **Black Beauty** Family adventure. (1971, U, 106min) ★★★
11.30 **Stage 7** 16/25. (S1)
12.00 NOON **Danger UXB** 5/13. (S1)
1.05 PM **The Buccaneers** 17/39. (S1)
1.35 **The Secret Man** Spy thriller. (1958, b/w, U, 68min) ★★★
3.05 **Cinebox Memories**
3.10 **Dial 999** 7/39. (S1)
3.40 **The Smallest Show on Earth** Comedy starring Bill Travers. (1957, b/w, U, 80min) ★★★★
5.15 **Danger by My Side** Thriller. (1962, PG, 63min) ★★
6.30 **Give Us a Clue**
7.00 **Out of Town**
7.30 **Travelling Man** 2/7. (S2)
8.35 **The Intruder** Drama. (1953, PG, 84min) ★★★
10.15 **Au Grand Balcon** Drama. (1949, b/w, U, 123min) ★★★
12.35 AM **Pickup Alley** Thriller starring Victor Mature and Anita Ekberg. (1957, b/w, PG, 92min) ★★★
2.25 **Cause for Alarm** Thriller. (1951, b/w, PG, 74min) ★★★
3.55 **Cinebox Memories**
4.00 **Stagecoach West** 17/38. (S1)
5.00 **to 6.00** AM **The Rogues**

WEDNESDAY Sport 8 July

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **LIVE State of Origin Rugby League** Queensland Maroons v New South Wales Blues. Coverage of game three of the annual three-match series. Kick-off **11.05am**.
1.00 PM **World Cup Report**
2.00 **LIVE Women's T20 Blast** Surrey v Warwickshire Bears. Coverage of the League One match at the Oval in London.
5.30 **World Cup Report**
6.30 **LIVE T20 Blast** Surrey v Sussex Sharks. Coverage of the South Group match at the Oval in London. These two sides met at this ground last season in a group match that was won easily by the hosts. Surrey made 210-6 in their 20 overs, before Sussex were bowled out for 162.
10.00 **World Cup Report**
1.30 AM **LIVE Major League Cricket** MI New York v San Francisco Unicorns. The T20 match at Grand Prairie Stadium in Texas.
5.30 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights**
11.30 **SNF** Leeds United v Liverpool.
12.00 NOON **Premier League Highlights** Double bill.
1.00 PM **MNF HIts** Wolverhampton Wanderers v Manchester United.
1.30 **Premier League Highlights**
2.30 **SNF** Burnley v Fulham.
3.00 **Premier League Highlights** West Ham United v Aston Villa.
5.30 **MNF HIts** Action from Manchester United v Bournemouth.
6.00 **Premier League Review**
7.00 **Premier League Stories**
7.30 **Transfer 360** The story of John Obi Mikel's transfer to Chelsea.
8.00 **Netbusters** Fast-paced highlights.
9.00 **Premier League Review** A look at the 2025-26 campaign.
10.00 **Gary Neville's Soccerbox**
11.00 **Premier League Years**
1.00 AM **PL Retro** Action from Arsenal v Leicester City from 2017.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 17/18**
5.00 **Best Premier League Own Goals** Memorable moments.
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **SPFL: Best Goals**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Championship Retro**
2.30 PM **EFL Greatest Games**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro**
5.00 **SPFL Highlights**
5.30 **EFL Greatest Games**
6.00 **Championship Retro**
8.00 **150 Years of the Edinburgh Derby** A look at the rivalry between Hearts and Hibernian.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Archive action.
2.30 AM **The Story of Frank Soo**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 23/24**
5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Women's ICC T20 World Cup** Highlights of the final.
6.30 **International T20 Cricket**
11.30 **Best of ICC WT20**
12.00 NOON **T20 Blast Cricket** Birmingham Bears v Lancashire Lightning in the 2014 final.
12.25 PM **International T20 Cricket**
1.55 **LIVE Women's T20 Blast** Surrey v Warwickshire Bears. Coverage of the League One match at the Oval in London.
5.30 **Best of ICC WT20**
6.25 **LIVE T20 Blast** Surrey v Sussex Sharks. Coverage of the South Group match at the Oval in London.
10.00 **Best of ICC WT20**
10.30 **International T20 Cricket** Action from England v India.
12.00 M'T **Women's ICC T20 World Cup** Highlights of the final.
12.30 AM **ICC Women's World Cup 2013** West Indies v Australia.
1.00 **Best of ICC WT20**
1.15 **LIVE Major League Cricket** MI New York v San Francisco Unicorns. Coverage of the T20 match, taking place at Grand Prairie Stadium in Texas.
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Rose Ladies Series**
7.00 **DP World Tour Golf**
7.30 **LPGA Tour Golf**
8.30 **US Women's Open Golf**
9.30 **Women's PGA Championship**
10.30 **Ladies European Tour Golf**
11.30 **LPGA Tour Golf**
6.00 PM **PGA Tour Golf**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf** The Le Vaudreuil Golf Challenge.
8.00 **US Seniors Tour Golf** Highlights from the 2026 tournament, which took place at Scioto Country Club in Columbus, Ohio.
10.00 **PGA Tour Golf** Action from day four of the John Deere Classic at TPC Deere Run in Silvis, Illinois.
11.00 **HotelPlanner Tour Golf**
11.30 **DP World Tour Golf**
12.00 M'T **PGA Tour: The Cut**
12.30 AM **Rose Ladies Series**
1.00 **US Seniors Tour Golf**
3.00 **DP World Tour Golf**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **Best of Federer**
8.00 **ATP Tennis** The Munich Open.
9.00 **Best of The US Open 2025**
11.00 **Tennis** The Indian Wells Open.
11.30 **ATP Tennis** Highlights.
1.30 PM **WTA Tennis**
3.30 **ATP/WTA Tour Matches**
4.30 **US Open Tennis Matches**
5.30 **WTA Tennis** A review of the Dubai Tennis Championships.
6.00 **ATP Tennis** Highlights of the Generali Open Kitzbühel final.
7.00 **WTA Tennis** Highlights of the WTA Hamburg Open final.
8.00 **ATP Tour This Week**
8.30 **Best of The US Open 2025**
10.30 **ATP Tour This Week**
11.00 **ATP/WTA Tour Matches**
12.00 M'T **Best of Federer**
2.00 AM **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Men**
7.00 **Sign Up – Into Football**
8.00 **UEFA Champions League**
9.00 **Wimbledon** The ninth day.
10.30 **Test Cricket Highlights**
11.30 **Tour de France Highlights**
12.30 PM **LIVE Tour de France** The fifth stage of this year's men's race, a 158.3km route starting in Lannemezan and ending in Pau.
5.15 **Race Bikes** Mountain Bike racing.
5.45 **Playing for Our Future**
6.00 **TNT Sports Reload**
6.30 **European Rally Championship** The Rally di Roma Capitale.
7.00 **MLB Plays of the Week**
7.30 **MLB Highlights**
8.30 **LIVE MLB** San Francisco Giants v Toronto Blue Jays. Coverage of the inter-league match from Oracle Park. Start-time **8.45pm**.
11.30 **MLB Plays of the Week**
12.00 M'T **TNT Sports Reload**
12.30 AM **LIVE MLB** St. Louis Cardinals v Milwaukee Brewers. Coverage of the National League match from Busch Stadium. Start-time **12.45am**.
3.30 **MLB Plays of the Week**
4.00 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Highlights**
11.00 **British Superbikes Highlights**
12.00 NOON **Motocross World Championship** Action from Johannesburg, South Africa.
3.00 PM **Test Cricket Highlights** West Indies v Sri Lanka.
4.00 **ABB FIA Formula E World Championship Highlights** The Shanghai e-Prix first race. **5.00** Highlights from the Shanghai e-Prix second race.
6.00 **Ultimate Pool** Action from the Group 4 matches in the Champions League tournament.
7.30 **TNT Sports Reload**
7.45 **The Gruppetto** Cycling news.
8.00 **Tour de France Highlights** Action from the fifth stage.
9.00 **British Superbikes Highlights** Action from the fourth round of the season at Snetterton Circuit.
10.00 **Wimbledon** Action from the 10th day of the tournament.
11.30 **ABB FIA Formula E World Championship Highlights**
1.30 AM **European Rally Championship Highlights**
2.00 **British Superbikes Highlights**
3.00 **to 6.00** AM **Motocross World Championship**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super Bowl LX Highlights**
7.00 **NFL Highlights**
8.00 **State of Origin Rugby League**
10.00 **LIVE State of Origin Rugby League** Queensland Maroons v New South Wales Blues. Coverage of game three of the annual three-match series at Suncorp Stadium in Brisbane. Kick-off **11.05am**.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.30 **Super League Highlights**
6.00 **NBA Basketball**
10.00 **NBA on Fire**
10.30 **NFL Bitesize Highlights**
10.45 **Super League Highlights**
11.00 **NFL Highlights**
12.00 M'T **Super League Highlights**
12.30 AM **LIVE WNBA** Connecticut Sun v Minnesota Lynx. The inter-conference match at Mohegan Sun Arena in Uncasville. Tip-off **12.30am**.
3.00 **LIVE WNBA** Los Angeles Sparks v Indiana Fever. Coverage from Crypto.com Arena. Tip-off **3.00am**.
5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.00 **Premier League Darts**
11.30 **My Icon** Johnny Nelson.
12.00 NOON **WTA Tennis** Highlights of the Abu Dhabi Open final at Zayed Sports City International Tennis Centre.
1.00 PM **ATP Tennis** The Rotterdam Open final staged at Rotterdam Ahoy in the Netherlands.
2.00 **The Open** Day three of the third Major of 2025 at Royal Portrush Golf Club in County Antrim.
4.00 **World Cup Report**
7.00 **World Cup Show**
10.00 **World Cup Report**
12.00 M'T **EFL Greatest Games**
12.30 AM **LIVE WNBA** Connecticut Sun v Minnesota Lynx. Coverage of the inter-conference match staged at Mohegan Sun Arena in Uncasville, Connecticut. Tip-off **12.30am**.
3.00 **LIVE WNBA** Los Angeles Sparks v Indiana Fever. Coverage of the inter-conference match at Crypto.com Arena. Tip-off **3.00am**.
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Indycar** The Honda Indy 200 .
8.00 **Ladies European Tour Golf**
9.00 **International T20 Cricket**
10.30 **State of Origin Rugby League**
11.00 **NBA Basketball**
1.00 PM **International T20 Cricket**
2.00 **PL Greatest Games**
3.00 **Super League**
5.45 **State of Origin Rugby League**
9.00 **Indycar** Highlights of the Honda Indy 200 at Mid-Ohio.
10.00 **Ladies European Tour Golf** The Hulencourt Women's Open.
11.00 **Women's State of Origin** New South Wales v Queensland.
12.00 M'T **The Insiders**
1.00 AM **NBA Basketball** Los Angeles Lakers v Houston Rockets.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Women's ICC T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League**
6.00 PM **NWSL** Highlights from San Diego Wave FC v Gotham FC. **7.00** Boston Legacy v Bay FC.
8.00 **Fishing: On the Bank**
9.00 **The Gallagher PREM** The best tries of the 2025/26 season.
9.30 **UFC Countdown** A look ahead of UFC 329 in Las Vegas.
10.30 **European Rally Championship Highlights** Action from the Rally di Roma Capitale.
11.00 **Ultimate Pool** Action from the Group 4 matches in the Champions League tournament.
12.30 AM **Test Cricket Highlights** West Indies v Sri Lanka.
1.30 **Tour de France Highlights** The fifth stage of the men's race.
2.30 **Wimbledon** Action from day 10.
4.00 **UEFA Champions League: Stories of the Finals**
4.30 **UFC Countdown**
5.30 **to 6.00** AM **Formula E Unplugged**

TNT Sports 4

414 416 524 411 434

6.00 AM **NWSL**
8.00 **ABB FIA Formula E World Championship Highlights**
10.00 **IFSC Climbing World Series Highlights** From Krakow, Poland.
11.00 **Fishing: On the Bank**
12.00 NOON **UEFA Champions League – Classics**
1.00 PM **MLB Highlights**
2.00 **AFL** Action from three matches.
6.30 **AFL** A chance to see Hawthorn Hawks v Melbourne Demons. **8.00** Another chance to see GWS Giants v Fremantle Dockers. **9.30** A full replay of Gold Coast Suns v Collingwood Magpies. **11.00** Another chance to see Richmond Tigers v Carlton Blues. **12.30** AM Action from Essendon Bombers v St Kilda Saints. **2.00** Port Adelaide Power v North Melbourne Kangaroos.
3.30 **Fishing: On the Bank**
4.30 **IFSC Climbing World Series**
5.30 **to 6.00** AM **TNT Sports Reload**

Premier Sports 1

419 APP 528

6.00 AM **NHL Ice Hockey**
8.00 **NASCAR Highlights**
9.00 **World Surf League**
10.00 **Rugby Junior World Championships** Another chance to see Spain U20 v Fiji U20. **12.00** NOON A chance to see South Africa U20 v Wales U20. **2.00** PM A full match replay of Scotland U20 v Japan U20. **4.00** Another chance to see New Zealand U20 v Italy U20.
6.00 **Sporting Greats**
7.00 **World Surf League** Action from the Surf City El Salvador Pro.
8.00 **KOTV Weekly**
8.30 **NASCAR Highlights** Action from the 2026 eero 400.
9.30 **NHL Ice Hockey** Vegas Golden Knights v Carolina Hurricanes.
11.30 **Swedish Speedway** Action from a high-profile Elitserien meeting.
1.30 AM **Champions Cup**
3.30 **KOTV Weekly**
4.00 **to 6.00** AM **Challenge Cup**

Premier Sports 2

420 APP 529

6.00 AM **United Rugby Championship** Glasgow Warriors v Connacht in the quarter-final. **8.00** A chance to see Bulls v Munster in a quarter-final tie.
10.00 **Football's Greatest**
10.30 **Temples of Sport**
11.00 **Rugby Junior World Championships** A chance to see Georgia U20 v Uruguay U20. **1.00** PM Ireland U20 v USA U20. **3.00** Another chance to see Argentina U20 v England U20. **5.00** France U20 v Australia U20.
7.00 **Temples of Sport** Iconic sporting venues from around the globe.
7.30 **Football's Greatest** The finest players discuss their careers.
8.00 **EUT20 Belgium** Highlights of Antwerp v Liege from Belguim.
12.00 M'T **Temples of Sport**
1.00 AM **EUT20 Belgium**
5.00 **Bike World** Action from the high octane world of two wheels.
5.30 **to 6.00** AM **MotorSport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
10.00 **Ferrari Challenge UK Highlights**
10.30 **Formula 1** British Grand Prix.
12.45 PM **F1 Feature**
1.00 **Indy NXT** The Grand Prix at Road America races one and two.
3.00 **Indycar** The Honda Indy 200.
4.00 **Formula 1** British Grand Prix.
5.00 **F1 Feature**
5.15 **Formula 1** British Grand Prix.
7.30 **Ted's Notebook**
8.00 **F1 Classic Races** A look back at the 2008 British Grand Prix. **10.15** Another chance to see the 2012 British Grand Prix.
12.00 M'T **Formula 1**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

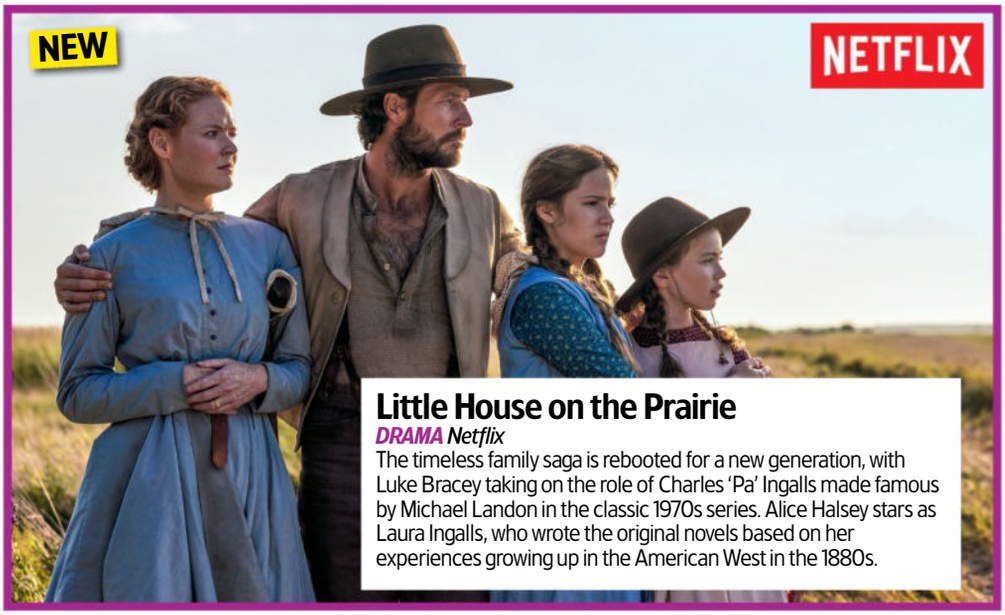
9 July

Planner

World Cup: Quarter-Final

FOOTBALL BBC1 or ITV1, kick-off 9pm

The battle for a semi-final spot begins tonight in Boston. Striking legend Lionel Messi scored five goals in the first two group games, making him the highest goalscorer in World Cup history, and we suspect Argentina will still be on track to defend their title. The second quarter-final is tomorrow.



Little House on the Prairie

DRAMA Netflix

The timeless family saga is rebooted for a new generation, with Luke Bracey taking on the role of Charles 'Pa' Ingalls made famous by Michael Landon in the classic 1970s series. Alice Halsey stars as Laura Ingalls, who wrote the original novels based on her experiences growing up in the American West in the 1880s.

Who Do You Think You Are?

DOCUMENTARY BBC1 9pm (BBC2 if football on)

After a mid-season break to make way for the World Cup, the genealogy series resumes tonight. *Doctor Who* star Ruth Madeley digs into the archives and learns about a secret adoption in her family.

The Office

COMEDY BBC iPlayer

Twenty-five years ago today, BBC2 viewers were introduced to David Brent (Ricky Gervais) and his team at the Slough branch of Wernham Hogg – and the mockumentary format changed TV comedy forever. All episodes are available on BBC iPlayer.

Thursday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: Including the mixed doubles final				9.00 Who Do You Think You Are?		10.00 News; Local News	
	102 BBC2	7.00 Grand Tours of...	7.30 EastEnders	8.00 Celebrity Antiques Road Trip		9.00 Saving Lives at Sea		10.00 Inside No. 9	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 It'll Be Alright...	8.00 Emmerdale		9.00 Coronation Street		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Remarkable...		9.00 24 Hours in Police Custody...		10.00 The Accused: Beyond Reasonable...	
	105 5	7.00 Tour de France		8.00 Cornwall: A Year by the Sea		9.00 Lie with Me		10.00 The Body in the Suitcase: A Murder...	
	106 SKY ONE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 Film: Chicago			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 EastEnders	8.00 Top Gear		9.00 The Traitors US			
	116 BBC4	7.00 Great British...	7.30 Canal Boat...	8.00 Gods and Monsters: Homer's Odyssey...		9.00 Bletchley Park: Code-Breaking's...		10.00 Film: Blade Runner	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie				10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	‹ 6.45 True Detective: Night Country				9.00 Under Salt Marsh			
	110 U&GOLD	‹ 6.50 Red Dwarf		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	7.00 River Monsters		8.00 Sharpe					10.10 The Motorbike Show
	112 COMEDY CENTRAL	7.00 Friends				9.00 Iain Stirling's Roast the Internet		10.00 Stupid Central	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 From		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club				10.00 New Tricks	
	109 U&ALIBI	7.00 Unforgettable		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Peter Ustinov		9.00 Garbo: Where Did You Go?			
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 DIY SOS: The Big Build			
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop				9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Billy	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Apocalypse: The Fall of Hitler				10.00 Nazi Megastructures: Battle Ready	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Lost Battlefields with Rob Bell		9.00 Royal Mob			
	155 U&YESTERDAY	7.00 Frozen Planet II		8.00 Bangers & Cash					
	114 SKY DOCS	7.00 Film: Gascoigne				9.00 Tina			

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Expert Witness** New edition A pathologist and forensic scientist work together to convict the twisted killer of Elaine Collie. (S)(AD)
11.15 **Homes Under the Hammer** New edition From Plymouth, Rochdale and Bradford. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Clare Balding presents coverage of day 11 of the Grand Slam tournament from the All England Club, featuring the ladies' singles semi-finals. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show this evening's World Cup match, the schedule will be: **8.30pm** LIVE **Football: World Cup** Coverage of the opening quarter-final, which takes place at Boston Stadium in the USA. Kick-off is at 9.00. (S) **11.30 BBC News** (S) **12.00m't** FILM **Elvis** Biopic starring Austin Butler and Tom Hanks. (S)(AD) (2022, 12, 145min) ★★★★ **2.25am Weather for the Week Ahead** (S) **2.30-6.00am BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Expert Witness** (S)(R)(AD)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Gardeners' World** Adam Frost plants shrubs in his new garden. (S)(R)(AD)
9.00 **BBC News** (S)
10.15 **Politics Live** (S)
11.00 LIVE **Wimbledon** Coverage of the opening play on day 11, including the ladies' singles semi-finals. (S)
3.00 PM LIVE **Wimbledon** Coverage of day 11, including various doubles and wheelchair matches. (S)

• *Alternative schedule* If BBC1 show this evening's World Cup match, the BBC2 schedule will be: **8.00pm Villages by the Sea** (S)(R) **8.30** LIVE **Wimbledon** The conclusion of the mixed doubles final. (S) **9.00-10.00pm Who Do You Think You Are?** With actor Ruth Madeley. (S)(AD)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.00 PM **ITV News** (S)
1.30 LIVE **Racing** Ed Chamberlin and Francesca Cumani present coverage of day one of the July Festival from Newmarket, headlined by the Princess of Wales' Stakes. Plus, racing from Doncaster. (S)
4.00 **Tipping Point** Game show. (S)(R)
5.00 **The Chase** Quiz show. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show this evening's World Cup match, the schedule will be: **7.15pm Who Wants to Be a Millionaire?** (S)(R) **8.15** LIVE **Football: World Cup** Coverage of the first quarter-final. Kick-off is at 9.00. (S) **11.35 Butcher: Invisible Wounds** (S)(R) **12.30-3.00am Teleshopping**

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 7-9/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 11-14/25. (S11) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** (S)(R)(AD)
5.00 **Chateau DIY** Sharon and Tim await the arrival of their new swimming pool. (S)(R)(AD)
6.00 **Four in a Bed** The week's final visit is to Nottinghamshire glampsite, Peacock Lake. (S)(R)
6.30 **Come Dine with Me** On the fourth night in Glasgow, catering manager Garry hopes to wow his guests with an exclusive Ibiza Beach Club theme. (S)(R)

7.30 EastEnders

9.00 Coronation Street

10.00 The Accused

7 PM

7.00 LIVE **Wimbledon** Clare Balding presents further coverage of day 11 of the third Grand Slam tournament of the year, held at the All England Club, where the mixed doubles final is scheduled to take place. There was home interest in the final last year, with Great Britain's Joe Salisbury teaming up with Brazilian Luisa Stefani. However, they would suffer a 7-6, 7-6 defeat against Dutchman Sem Verbeek and Katerina Siniaková of Czechia. (S)
■ *Today at Wimbledon* is on BBC2 at 11.05pm

7.00 **Grand Tours of Scotland's Rivers** Exploring Royal Deeside. (S)(R)
7.30 **EastEnders** Max scrambles to excuse his behaviour. (S)(AD)
■ This week's episodes will be subject to change

7.30 **It'll Be Alright on the Night** Tom Allen presents another compilation of TV clangers, featuring Kylie Minogue, Michael McIntyre, Romesh Ranganathan, Sue Perkins and Roman Kemp. (S)(R)(AD)

7.00 **News** (S)

8 PM

8.00 **Celebrity Antiques Road Trip** *Emmerdale* stars Matthew Wolfenden and Roxy Shahidi shop their way round Yorkshire in a Riley sports saloon. With guidance from experts Hettie Jago and Steven Moore. (S)(R)

8.00 **Emmerdale** Lewis and Nicola are shocked to find the cafe has been ransacked, Serena fishes for information, while Moira makes her distrust known. (S)(AD)
■ This week's episodes will be subject to change

8.00 **George Clarke's Remarkable Renovations** The architect meets James, who has bought a former glassworks in Brighton and decided to painstakingly restore the whole property, down to the very last detail. (S)(R)(AD)

9 PM

9.00 **Who Do You Think You Are?** New edition 4/8. Actor Ruth Madeley sets out to trace her ancestry and quickly discovers a huge family secret that leads to a tale of poverty, opportunity and female solidarity. (S)(AD)

9.00 **Saving Lives at Sea** The North Berwick crew race to help a 10-year-old boy who has been swept out to sea on a paddleboard, and in Walmer, a yacht has run aground on the Goodwin Sands. (S)(R)(AD)

9.00 **Coronation Street** Hope and Ruby inform Tyrone that they have traced his father, Abi hires Adam in her fight against Idris, and Maria says too much in front of Kit. (S)(AD)
■ This week's episodes will be subject to change

9.00 **24 Hours in Police Custody: The Home County Cartel** 1/2. The documentary focuses on the importation of huge quantities of Class A drugs, following the work of detectives from the Eastern Region Special Operation Unit. (S)(R)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Elvis** Baz Luhrmann's biopic starring Austin Butler and Tom Hanks. On his deathbed, enigmatic music manager Colonel Tom Parker recalls his relationship with the King of Rock 'n' Roll, whose rise to fame he orchestrated. Over the course of a tumultuous period in American history, the singer takes the world by storm while also struggling against Parker's controlling influence. With Olivia DeJonge. (S)(AD) (2022, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.05 AM **Weather for the Week Ahead**
1.10 **to 6.00** AM **BBC News** (S)

10.00 **Inside No. 9** *How Do You Plead?* 5/6. A famous barrister and his carer face a testing night. Stars Derek Jacobi. (S6) (S)(R)(AD)
10.30 **Newsnight** (S)
11.05 **Today at Wimbledon** Highlights of the 11th day's play, including the ladies' singles semi-finals and the mixed doubles final. (S)
12.05 AM **Cricket: T20 Highlights** England v India: Action from the fourth T20 of the series. (S)
12.35 **Mastermind: To Think Like a Killer** 1-3/3. Documentary. (S)(R)(AD)
2.40 **Sign Zone: Brexit: A Very British Civil War** 1/2. (S)(R)(AD)
3.40 **Sign Zone: Ambulance** (S)(R)
4.40 **to 6.30** AM **Previews** (S)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Jack Reacher** Action thriller starring Tom Cruise as author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. With Rosamund Pike. (S)(AD) (2012, 15, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.05 AM **Teleshopping**
3.00 **Killer in the House: The Murders of Lesley Howell and Trevor Buchanan** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

10.00 **The Accused: Beyond Reasonable Doubt?** Series finale 4/4. The story of how a retired firefighter and his family fought to overturn a conviction for a crime that took place in the 1970s. (S)(AD)
11.00 **Night Coppers** (S)(R)(AD)
12.05 AM **Naked Attraction** (S)(R)(AD)
1.00 **Ramsay's Kitchen Nightmares USA** A failing Mexican restaurant in Philadelphia. (S)(SL)(R)
1.50 FILM **Baby Ruby** Psychological horror starring Noémie Merlant. (S)(SL) (2022, 15, 95min) ★★
3.25 NEW **Iris Prize Best British Shorts** *Man Enough*. (S)(AD)
3.50 **Couples Come Dine with Me** (R)
4.40 **Sunday Brunch** (S)(R)
4.50 **A Cotswold Farmshop** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Disciple:* 9/23. The team hunt for a serial killer targeting police officers. (S)(R)
3.55 **Castle** *The Good, the Bad and the Baby:* 10/23. A criminal dies inside a church while protecting a baby. (S6) (S)(R)
4.50 **Love Nature** A tree-planting project in Eastbourne. (S)(R)
5.00 **News** (S)
6.00 **Shetland: Scotland's Wondrous Isles** The biggest sheep sale of the year takes place in Lerwick. (S)(R)
6.55 **News** (S)

10.00 The Body in the Suitcase

7.00 **Tour de France** Rebecca Charlton presents action from the sixth stage of this year's race, following a 186.2km route from Pau to Gavarnie-Gedre. (S)
7.55 **News** (S)

8.00 **Cornwall: A Year by the Sea** New edition 7/10. Farmers in Padstow host a feast night, a fisherman tests sustainable scallop-catching methods, and an eco-glamping team race to finish a sauna. (S)

9.00 **Lie with Me** 4/4. Becky helps Anna set up an apartment where she is safe from Jake, and on the day Anna is due to move out, events take a shocking turn. (S1) (S)(R)(AD)

10.00 **The Body in the Suitcase: A Murder Mystery** Murder cases where a body was found in an unusual place. This edition looks at the discovery of a women's remains in a suitcase in a North Yorkshire village. (S)(R)

11.05 **Murdered for Revenge** (S)(R)
12.05 AM **Murder Suspect No 1** (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **Build Your Dream Home in the Country** (S)(R)
2.50 **Building the Impossible with Rob Bell** (S)(R)
3.45 **Friends** (S2) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **The Flash** (S9) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Predators** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **The Simpsons** *The Heartbroke Kid:* Bart attends fat camp after suffering a heart attack. (S)(R)
5.30 *The Seven-Beer Snitch:* Marge tries to bring a spot of culture to Springfield. (S)(R)
6.00 **The Office (US)** 21/22. Chaos ensues when Michael takes over conflict resolution duties. (S)(R)
6.30 22/22. Dunder Mifflin hosts a charity casino night in the warehouse. (S2) (S)(R)

9.00 Chicago

7.00 **The Simpsons** *A Star Is Torn:* Lisa enters a singing contest on *The Krusty the Clown Show.* (S)(R)
7.30 *Thank God It's Doomsday:* Homer becomes convinced the end of the world is imminent. (S)(R)

8.00 **Whale with Steve Backshall** 2/4. Steve reveals the ingenious hunting strategies of whales and dolphins, using sound, skill, teamwork and strategy in order to catch their prey. (S)(R)(AD)

9.00 **FILM Chicago** Oscar-winning screen version of the hit Broadway musical, starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. In 1920s Chicago, a showgirl and a wannabe musical star become celebrities on Murderess Row – with help from a slick lawyer. With John C Reilly and Queen Latifah. (S) (2002, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.10 **Evil** 7/10. The team must determine whether a young man being kept confined by his parents and doctor is possessed or simply being brainwashed by a New Age cult. (S3) (S)(R)
12.10 AM **Grimm** 9/22. A barbaric Wesen ritual is brought to the present. (S5) (S)(R)
1.10 **The Force: North East** (S)(R)
2.05 **Road Wars** (S)(R)(AD)
3.00 **Hawaii Five-0** (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
10.40pm River City (S)(R) (AD) **11.10** **FILM** Elvis (S) (AD) (2022, 12, 145min) ★★★★ **1.35am** Weather for the Week Ahead (S) **1.40-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.40pm The Truth About My Murder (S)(R) **11.15** **FILM** Elvis: As Scotland. **1.45-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
7.00-7.30pm Scrum V: The Warm Up (S)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Gwlad Moc (AD) **1.30** Y Byd ar Bedwar **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cyfres Triathlon Cymru 2026: Llanelli CN **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dim Cwsg i Quinnell (AD) **6.30** Gwlad y Basg: Gwilym Bowen Rhys **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France **9.30** Jason Mohammad: Stadiymau'r Byd **10.30-11.35pm** Noson Lawen

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** A search for lethal wildlife in the UK.
7.30 **EastEnders** Max scrambles to excuse his behaviour, and Priya gets a shock.
8.00 **Top Gear** The presenters drive muscle cars from San Francisco to Utah.
9.00 **The Traitors US** New edition 9/10. While a new alliance is tested, suspicions force an old one into the spotlight. The mission puts the Traitors under pressure, and one player receives some unwanted attention.
10.00 **The Traitors US** Series finale 10/10. Emotions are running high as friendships are tested to their limits.
11.00 **FILM Louis Theroux: My Scientology Movie** Investigating the controversial religious organisation. (2015, 15, 99min) ★★★
12.40 AM **Top Gear** As 8.00pm.
1.40 **to 3.50** AM **Things You Should Have Done**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Cumbria.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** The architect unlocks the potential of old properties, transforming a Georgian farmhouse in Stroud and a Victorian end-of-terrace in Royal Wootton Bassett.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help house-hunters in Edinburgh.
7.55 **Grand Designs** Kevin McCloud meets a couple who plan to build a unique, Roman-inspired home on land surrounding a historic abbey in Hertfordshire.
9.00 **24 Hours in A&E** The stories of children and teenagers brought into A&E, including a 16-year-old with suspected spinal injuries.
10.00 **24 Hours in A&E** A builder dislocates his shoulder in such an unusual way it takes a five-strong team to pull it into place.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **The Perfect Pitch**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo discovers how the lava lamp was invented by an accountant in Poole.
7.30 **Canal Boat Diaries** Robbie Cumming travels down the Leeds and Liverpool Canal.
8.00 **Gods and Monsters: Homer's Odyssey with Simon Armitage** The poet explores Homer's work.
9.00 **Bletchley Park: Code-Breaking's Forgotten Genius** The work and legacy of mathematician Gordon Welchman.
10.00 **FILM Blade Runner** Ridley Scott's sci-fi thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
11.50 **FILM Jane Eyre** Hollywood version of Charlotte Brontë's classic novel. (1943, b/w, PG, 96min) ★★★★
1.25 AM **Canal Boat Diaries**
1.55 **Great British Railway Journeys** As 7.00pm.
2.25 **to 3.25** AM **Gods and Monsters: Homer's Odyssey with Simon...**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** Culinary contest from Worthing and Portsmouth.
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the US cartoon.
7.00 **The Simpsons** *I Won't Be Home for Christmas:* Homer gets drunk on Christmas Eve. **7.30** *The Man Who Came to Be Dinner:* The family are transported to the home planet of Kang and Kodos.
8.00 **Below Deck** New edition Kyle and Solène's relationship takes an unexpected turn, creating a tense atmosphere.
9.00 **Gogglebox** Opinions on *Mamma Mia! Here We Go Again* and *Mare of Easttown.*
10.00 **Gogglebox** Highlights from the 2021 series.
11.05 **Naked Attraction**
12.10 AM **Open House: The Great Sex Experiment**
1.15 **Gogglebox**
2.15 **Below Deck**
3.05 **Abbott Elementary**
3.30 **The Goldbergs**
3.55 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 | 306 | 30 | 123 | 256

Thursday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 6&7/22. (S8)
2.00 PM **The Rookie** 8/22. The team come up against a citizen who believes they are above the law. (S4)
3.00 **Law & Order: Criminal Intent** 18/22. A boxer is killed while trying to stop a brawl. (S7)
4.00 **Nothing to Declare**

10.00 **FBI: Most Wanted**

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 The Rookie *Plain Clothes Day:* 14/20. The pressure is on for the rookies as their training officers join them out for Plain Clothes Day.

9 PM

9.00 The Rookie *Manhunt:* 15/20. Officer Nolan tracks down one of the escapees when a prison bus crashes. (S1)

10 PM

10.00 FBI: Most Wanted *Dopesick:* 1/14. Crime drama spin-off. The team are on the hunt for a shadowy doctor. (S1)
11.00 **The Rookie** 5/22. A new drug that turns users into 'zombies' hits the streets of LA. (S4)
12.00 M'T **FBI** 4&5/22. (S8)
2.00 AM **FBI: International** (S2)
3.00 **Road Wars**
4.00 **UK Border Force**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Deadwood** 11&12/12. (S1)
10.10 **Homicide: Life on the Street**
12.00 NOON **House of the Dragon**
1.15 PM **Billions** 5&6/12. (S1)
3.25 **House of the Dragon** (S2)
4.40 **Gomorrah** 11/12. Genny is forced to put a plan into action.
5.40 12/12. Ciro, Genny and Enzo agree a treaty with the Confederati. Subtitled. (S3)
6.45 **True Detective: Night Country** 1/6. Eight men from a research station in Alaska vanish without a trace. (S4)

9.00 **Under Salt Marsh**

7.50 True Detective: Night Country 2/6. Danvers and Prior set out to learn more about Tsalal, and Captain Connelly threatens to hand the case over to Anchorage. (S4)

9.00 Under Salt Marsh 5/6. Rising floodwater cuts Morfa Halen off from the world as another body is discovered.

10.05 Under Salt Marsh 6/6. Jackie and Bull discover the horrifying truth behind the crimes haunting the town. (S1)
11.10 **DTF St Louis** 3/7. Plumb learns that Carol has lied. (S1)
12.15 AM **The Penguin** 5&6/8. (S1)
2.25 **True Detective: Night Country** 4/6. (S4)
3.40 **Homicide: Life on the Street**
4.35 **Sort Of**
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.25 **Georgia and Tommy: Baby Steps**
9.25 **The Only Way Is Essex**
10.25 **The Real Housewives...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **The Real Housewives of Salt Lake City** Reality series.
5.00 **The Real Housewives of Orange County** Reality.
6.00 **Celebrity Catchphrase**

10.35 **Family Guy**

7.00 The Floor USA New edition Contestants test their knowledge of sushi, SNL, films and convenience store items.

8.00 The 1% Club Quiz show hosted by comedian Lee Mack in which all the questions are about logic and common sense.

9.00 Love Island New edition Relationship-based reality show in which singletons seeking romance compete in the hope of finding love.

10.05 Love Island: The Debrief New edition Companion show to the reality series.
10.35 Family Guy 23/30. Meg becomes an intern. (S4)
11.05 **Family Guy** 18/30. (S4)
11.35 **American Dad!** (S4)
12.35 AM **Bob's Burgers** (S14&13)
1.30 **Botched: Most Outrageous Celebrity Patients**
1.55 **Botched: Most Outrageous OMG Patients Countdown**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred** (S5)
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Last Man Out:* A star cricketer is found dead after a match, pummelled to death by balls.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *War Stories:* PC Ventress's old commando unit turns up – but the veterans have an old score to settle.

10.00 **Law & Order: UK**

6.55 Heartbeat *The Fool on the Hill:* A mysterious murder baffles Craddock, and Greengrass has some luck on the horses.

8.00 Vera *Protected:* The son of a prominent local family is found murdered on the beach at Whitley Bay, and a second death leaves DCI Stanhope facing puzzling questions and mounting pressure to crack the case.

10.00 Law & Order: UK *Safe from Harm:* 2/8. A psychiatrist is stabbed to death, and evidence suggests he was having an affair with one of his underage patients. (S8)
11.00 **Law & Order: UK** 3/8. A skeleton is found in the boot of a car. (S8)
11.50 **Trial & Retribution**
2.00 **to 2.30** AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.00 **Dempsey and Makepeace**
9.05 **Boon**
10.10 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon** *Trouble in the Fields:* Ken investigates water pollution.
4.50 **The Champions** *Shadow of the Panther:* Sharron investigates a scientist's death.
5.55 **Minder** *The Bounty Hunter:* Arthur and Terry pursue a crook. With Derek Jacobi.

7.00 **River Monsters**

7.00 River Monsters Jeremy Wade sets off on a journey to unmask a mystery sea monster that washed up on a UK beach.

8.00 Sharpe *Sharpe's Mission:* 3/3. The treacherous Major Brand tries to dupe Sharpe into helping him betray Ross to the French, and a poet sets out to impress Jane. (S4)

10.10 The Motorbike Show Presenter Henry Cole rides some cafe racers – custom motorcycles from the 1950s and 1960s.
11.10 **Berlin Station** New episode 9/10. Frost volunteers to rescue Daniel. (S3)
12.15 AM **Hell's Kitchen**
1.10 **Minder**
2.05 **The Champions**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Grand Tours of Scotland's Rivers**
8.00 **Beechgrove Garden** New edition George Anderson lifts the first crop from the vegetable plot and tries out this year's produce.
8.30 **Scotland's Greatest Escape** A family of four judge three sites.
9.00 **Confessions of a Teenage Fraudster** 3/3. Elliot Castro faces deportation to the UK.
9.45 **Growing Up Scottish** A look back at memories of Scottish weddings.
10.00 **Scot Squad** 3/5. Chief Miekelson enjoys a boozy reunion. (S3)
10.30 **Janey and Ashley Get a Real Job** 4/4. The duo work at an airport.
11.00 PM **to 12.00** M'T **Selling Scotland**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 7&8/10. (S2)
10.00 **Two Weeks to Live** (S1)
11.15 **Will & Grace** (S5)
12.15 PM **Avenue 5** (S2)
1.30 **Two Weeks to Live** (S1)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 7&8/10. (S1)
5.00 **Community** (S5)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** 4/25. Michael tries grief counselling.
7.30 5/25. Dwight takes Ryan out on a call. (S3)
8.00 **Breeders** 7/10. Luke refuses to go to school.
8.30 8/10. Paul rekindles an old friendship. (S2)
9.00 **Katherine Ryan: First Born Daughter** Stand-up special.
10.15 **Hacks** 7&8/10. (S1)
11.30 **Breeders** 7&8/10. (S2)
12.30 AM **Community** (S5)
1.30 **Two Weeks to Live** (S1)
2.40 **Avenue 5** 2&3/8. (S2)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Classic FM Live: 25th Anniversary Concert**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **From the Vaults**
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **Garbo: Where Did You Go?** Documentary.
10.55 **Liza Minnelli: Hollywood's Golden Child** Documentary.
12.10 AM **The Directors**
1.10 **Ian Fleming and the Curse of Bond**
2.55 **The Brontës by Anita Rani** Documentary.
3.50 **Voices of Ireland**
5.00 **to 6.00** AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 5/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Legacy:* 6/26. The crew meet Tasha Yar's sister. (S4)
8.00 **Police 24/7**
9.00 **Black Widow** 1&2/3. Investigating the crimes of Dena Thompson.
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S4)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Beat the Chasers**
4.00 **Ridiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** A pair of twins from Solihull, a mother and son from Milton Keynes, and brothers from London take part. .
7.00 Duos from Herts and Essex, London and Pontefract compete.
8.00 Two brothers, a pair of friends, and two workmates take part.
9.00 **Who Wants to Be a Millionaire?** Big-prize quiz show hosted by Jeremy Clarkson.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** A dad and his four sons answer the Top 10 list questions.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **A Cotswold Farmshop** Behind the scenes at the Gloucester Service Station.
8.00 **Dover 24/7: Britain's Busiest Port** A yacht goes missing in treacherous seas.
9.00 **Grand Designs** A look back at the very first edition of the show.
10.00 **First Dates** A reality TV star seeks romance.
11.05 **Secrets of the Celebrity Sex Tapes**
12.00 M'T **24 Hours in A&E**
1.00 AM **999: On the Front Line** Documentary.
2.05 **Celebrity Gogglebox**
3.05 **Naked Attraction**
4.05 **to 5.00** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 7&8/13. (S1)
4.00 **Stargate SG-1** 4/22. (S7)
5.00 **Star Trek: Voyager** 24/26. The crew of a time ship from the future enlist the help of Seven of Nine. (S5)
6.00 **Star Trek: Enterprise** 21/26. Phlox tries to help an Antaran who harbours a grudge against Denobulans. (S2)

7.00 Stargate: Atlantis

7.00 **Stargate Atlantis** *Common Ground:* 7/20. Sheppard is forced to consider forming an alliance with a Wraith. (S3)

8.00 **Stargate SG-1** *Orpheus:* 4/22. The team try to save Teal'c's son Rya'c and his mentor Bra'tac from Goa'uld enslavement. (S7)

9.00 **From** *Of Myths and Monsters:* 4/10. An ominous discovery puts Boyd and his circle on high alert. (S4)

10.00 **Grimm** *Clear and Wesen Danger:* 2/22. Nick makes some major changes to keep his new child and Adalind safe. (S5)
11.00 **The Walking Dead** 8/16. Peace in Alexandria is broken. (S6)
12.00 M'T **Warehouse 13** 7/13. Myka and Pete investigate a case belonging to another agent. **1.00** AM 8/13. The agents meet a rival artefact seeker. (S1)
2.00 **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S4)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 19/24. (S4)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S4)
4.00 **The Mentalist** 19/24. (S4)
5.00 **Hudson & Rex** 12/20. A popular physiotherapist is found murdered. (S5)
6.00 **Father Brown** *The Lair of the Libertines:* The priest and his friends become stranded with a group of hedonists.

4.00 The Mentalist

7.00 **Unforgettable** *Moving On:* 12/13. Carrie's memory is tested as she and Al investigate the murder of an actor. (S3)

8.00 **Death in Paradise** *Now You See Him, Now You Don't:* 8/8. A blind actor is the only witness to her husband's murder. (S9)

9.00 **Death in Paradise** *Dishing Up Murder:* 6/8. A famous chef is stabbed to death. Guest stars Martin Compston. (S5)

10.00 **Father Brown** *The Numbers of the Beast:* The priest walks in on a man standing over the body of his dead wife.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Death in Paradise** (S9)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** 12/13. A man robs banks to give money to the poor. (S4)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.15 **The Green Green Grass**
9.50 **Are You Being Served?**
10.30 **Last of the Summer Wine**
11.50 **Red Dwarf**
1.00 PM **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **Open All Hours**
3.00 **The Green Green Grass**
3.35 **Are You Being Served?**
4.15 **Dad's Army**
4.55 **Keeping Up Appearances**
5.30 **Last of the Summer Wine**
6.50 **Red Dwarf**

5.30 Last of the Summer Wine

7.25 **Red Dwarf** Lister is forced to lend his body to a female officer when he triggers off the ship's self-destruct sequence.

8.00 **Keeping Up Appearances** Hyacinth plans to show off her singing talents.
8.40 **Dad's Army** Captain Mainwaring and his platoon try to capture a German aircraft crew.
9.20 **Not Going Out** Lee's father turns up, looking for somewhere to stay.

10.00 **Red Dwarf** Kryten discovers a mutated photo-developing fluid. **10.35** Kryten's expiry date rapidly approaches.
11.10 **Bottom** The duo await the gas man. Guest stars Brian Glover.
11.50 **Mrs Brown's Boys**
12.30 AM **Not Going Out**
1.10 **Keeping Up Appearances**
1.50 **Bottom** As 11.10pm.
2.20 **Mrs Brown's Boys**
2.50 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Robson Green's Weekend Escapes**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Fresh Food**
11.20 **Rick Stein's Taste of Shanghai**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Greece with Simon Reeve**
4.00 **The Hairy Bikers' Bakeation**
5.00 **Rick Stein's Fresh Food**
6.00 **Rick Stein's Taste of Shanghai** Rick finds out if Shanghai has hung on to its culinary roots.

10.00 Have I Got a Bit More...

7.00 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish for perch on the River Thames.
7.40 **Would I Lie to You?** With Sinitta, Jo Brand, Ivo Graham and Johnny Marr. **8.20** With Dara O Briain, Denise Van Outen, Rhod Gilbert and Vernon Kay.

9.00 **QI XL** Sandi Toksvig hosts an extended edition of the quiz show, with guests Cally Beaton, Nish Kumar and Tom Ward.

10.00 **Have I Got a Bit More News for You** Clive Myrie hosts the satirical quiz, with guests Jo Brand and Katy Balls.
11.00 **8 Out of 10 Cats** With Ed Gamble, Donna and Verona, Ranj Singh and Sara Barron.
12.00 M'T **Mock the Week** With Hal Cruttenden and Gary Delaney.
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Rhod Gilbert.
3.00 **to 4.00** AM **8 Out of 10 Cats**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.30 **Doctors**
9.50 **Classic Holby City**
11.05 **Casualty**
12.05 PM **The Bill**
1.05 **Classic EastEnders**
2.20 **Tenko**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Smiler reminisces about a woman he met during the war. **6.40** Truly persuades Marina to stop seeing Howard.

8.00 The Marlow Murder Club

7.20 **Last of the Summer Wine** Auntie Wainwright is puzzled by the bargain purchase she picked up at the auction rooms.

8.00 **The Marlow Murder Club** 1/2. Adaptation of Robert Thorogood's novel about a retired archaeologist who investigates murder cases. Judith Potts's evening is shattered when she witnesses her neighbour's murder. Stars Samantha Bond. (S1)

10.00 **New Tricks** *The Wolf of Wallbrook:* Ted investigates the apparent suicide of a City trader, while Steve tries to learn some tricks of the trade, amid his own financial crisis.
11.00 **Silent Witness** *Undertone:* The body of a teenage girl is discovered in a suitcase.
1.20 AM **Lovejoy**
2.30 **Waiting for God**
3.05 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 6-8/21. (S19)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *A Family Matter:* 1/22. Special Agent Alden Parker is still on the run with his ex-wife Vivian. **7.00** *Daddy Issues:* 2/22. McGee's personal and professional lives collide. **8.00** *Unearth:* 3/22. Torres continues therapy with Dr Grace. (S20)
9.00 **Blue Bloods** *The Common Good:* 10/16. A high-profile video game player is found murdered. (S11)
10.00 **Law & Order: Special Victims Unit** *Double Strands:* 4/23. A man is suspected of being a serial rapist. (S13)
11.00 **Law & Order: Special Victims Unit** (S13&12)
1.50 AM **NCIS: Hawaii** (S3)
2.45 **Bull** 20/20. (S4)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.01 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** Series finale In Newham, a 19-year-old has suffered with a potentially broken neck.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.01 AM **Plastic Surgery Knifemares**
1.00 **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
11.00 **Gunsmoke** (S12)
12.05 PM **FILM The Far Country** Western. (1954, U) ★★★★
2.05 **FILM Man without a Star** Western drama. (1955, PG, 89min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders**
9.00 **Police Interceptors** Officers respond to a reported knife attack.
10.00 **NEW SERIES Timber Titans** Following four logging companies in British Columbia.
11.00 **The X-Files** 17/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
3.00 **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build** A home makeover for a family in Durham. **7.00** Nick Knowles is joined by guest designer Charlie Luxton to help a family in Stoke-on-Trent.
8.00 **999 Rescue Squad** The team are called to help defuse a bomb found in Wakefield.
9.00 **DIY SOS: The Big Build** A Devon bungalow is converted into a four-bedroom home. **10.00** Nick Knowles and the team help a family in Chesterfield.
11.00 **Antiques Road Trip**
1.00 **to 3.00** AM **Amber: The Girl Behind the Alert**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Battle Honours**
11.00 **The Great War in Numbers** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Battle Honours**
5.00 **The Great War in Numbers** Documentary.
6.00 **Antiques Roadshow**
7.00 **Frozen Planet II** The wildlife of Antarctica.
8.00 **Bangers & Cash** The Morris 1000 finds a new home with a 10-year-old superfan. **9.00** Derek is smitten with a 1929 Rolls Royce Phantom that has an unusual history.
10.00 **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus discovers fairground items and a 1920s Ford Model T.
8.00 **Antiques Road Trip** Auctioneers Charles Hanson and Raj Bisram take their Triumph through Somerset, Dorset and Hampshire.
9.00 **The Bad Skin Clinic**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Thursday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S3)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 21&22/22. (S9)
1.00 PM **The Waltons** (S3)
4.00 **Little House on the Prairie** 1/25. (S1)
6.00 **Ballykissangel** (S6)
7.00 **M*A*S*H** 22/25. Hawkeye is transferred. **7.30** 23/25. Potter's leadership is questioned. **8.00** 24/25. Hawkeye and BJ suspect Charles of being a drug addict. **8.30** 25/25. The 4077th must use a placebo in place of morphine. (S6)
9.00 FILM **George and Mildred** Comedy spin-off starring Yootha Joyce. (1980, PG, 93min) ★★
11.00 **Robin's Nest** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Air Rescue**
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM FILM **A Lawless Street** Western. (1955, U, 78min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** Double bill.
3.00 FILM **We Dive at Dawn** World War Two submarine drama. (1943, b/w, U, 97min) ★★★
5.10 FILM **Absolute Zero** Disaster thriller. (2005, 12, 87min) ★
7.05 FILM **The Forger** Thriller. (2014, 15, 92min) ★★
9.00 FILM **The Road** Apocalyptic drama. (2009, 15) ★★★★
11.25 FILM **Cut Bank** Thriller. (2014, 15, 93min) ★★
1.25 AM **Dragon Ball Super**
2.25 **Coast Guard Alaska**
3.20 FILM **Disaster Zone: Volcano in New York** Thriller. (2006, 12) ★★
4.50 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Hailey Dean Mysteries** *Deadly Estate.*
10.10 FILM **Picture Perfect Mysteries: Dead Over Diamonds** Crime drama. (2020, PG, 90min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S2)
2.00 **Castle** 21/24. (S3)
3.00 **Diagnosis Murder** (S4)
5.00 **Starsky & Hutch** (S4)
6.00 **Murder, She Wrote**
7.00 **Castle** 22/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** 1/13. (S3)
10.00 FILM **Ruby Herring Mysteries: Silent Witness** Whodunit starring Taylor Cole. (2019, PG, 90min) ★★
11.55 **Hailey Dean Mysteries**
1.50 AM FILM **Fatal Justice** Drama starring Cynthia Watros. (2012, PG) ★
3.20 **to 5.00** AM FILM **Scandal: My Daughter's Secret** Suspense thriller. (2021, PG, 100min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **Wedding at Graceland** Romantic drama sequel. (2019, PG, 90min) ★★
10.15 FILM **A Little Daytime Drama** Comedy. (2021, PG, 90min) ★★
12.10 PM FILM **Mid-Love Crisis** Romantic drama. (2022, PG, 85min) ★★
2.00 FILM **Love at Mariposa Beach** Romantic drama. (2022, PG, 90min) ★★
3.55 FILM **My One and Only** Drama. (2019, PG) ★★
5.50 FILM **Love at the Lodge** Romantic drama. (2022, U, 89min) ★★
7.50 FILM **A Royal Recipe for Love** Romance. (2023, PG, 89min) ★★
9.50 FILM **Baking Up Love** Drama. (2021, PG) ★★
11.50 FILM **Puppy Love** Drama. (2012, U) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love at Mariposa Beach**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Love Your Garden**
2.00 **Country House Auction**
3.00 **New Home DIY**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Love Your Garden**
7.00 **Garden Rescue** The team transform a dangerous garden. **8.00** A 'tidy mess' is transformed into a serene and stylish garden.
9.00 **Yorkshire by the Sea** A new recruit joins an independent lifeboat.
10.00 FILM **Let's Get Laid!** Comedy starring Robin Askwith. (1977, 18) ★★
12.00 M'T FILM **Sex Farm: Frustrated Wives** Comedy starring Hilary Farr. (1974, 15, 84min) ★
2.00 AM **This Farming Life**
3.15 **Robson Green's Weekend Escapes**
4.00 **to 5.00** AM **New Home DIY**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
11.30 **The Dustbinmen** (S3)
12.00 NOON **Randall and Hopkirk (Deceased)**
1.00 PM **Agony** 2/6. (S1)
1.30 **The Gaffer** 5/7. (S2)
2.00 **Second Thoughts** (S1)
2.30 **The Fenn Street Gang**
3.00 **Hank the Cowboy**
3.15 **Boon** 11/13. (S4)
4.20 **Further Out of Town**
5.00 **Stereo Underground**
6.00 **The Gaffer** 5/7. (S2)
6.30 **Only When I Laugh**
7.00 **Two's Company** (S4)
7.30 **Doctor at Large**
8.00 **Randall and Hopkirk (Deceased)** 26/26. (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **The Ups and Downs of a Handyman** Bawdy comedy. (1975, 18, 85min) ★
11.50 FILM **Eskimo Nell** British adult comedy. (1974, 18, 105min) ★★
1.35 AM **Stereo Underground**
2.35 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A new deckhand falls ill on the *Time Bandit*, raising questions for Andy. **8.00** The Coast Guard gets a call to rescue a sailor with broken legs.
9.00 **Expedition X** Phil and Heather journey into the Everglades on the hunt for the Skunk Ape.
10.00 **Expedition Files**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Jamie's 5 Ingredient Mediterranean Meals**
7.00 **The Hairy Bikers' Northern Exposure**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Brittany** Four editions.
3.00 **The Hairy Bikers' Northern Exposure**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **Michel Roux's French Country Cooking** From a family-run vineyard.
10.00 **Nigel Slater's Simple Suppers** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 12/28. (S1)
9.00 **T.J. Hooker** 7/19. (S5)
10.00 **Babylon 5** 23/23. (S1)
11.00 FILM **Weather Wars** Sci-fi disaster thriller. (2011, 15, 82min) ★★
1.00 PM FILM **Operation Dunkirk** World War Two action adventure. (2017, 15, 96min) ★★
2.50 FILM **The Hunters** Korean War drama. (1958, PG, 108min) ★★
5.00 **Star Trek** 14/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 1/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Island** Adventure thriller. (1980, 18, 114min) ★
11.25 FILM **Unlocked** Thriller. (2017, 15, 98min) ★★★
1.25 AM FILM **First Kill** Action thriller. (2017, 15, 97min) ★★
3.20 **to 5.00** AM FILM **Horror Express** Horror. (1972, 15, 88min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
11.00 **Andromeda** 15/22. (S3)
12.00 NOON FILM **Night of the Big Heat** Sci-fi. (1967, 18, 94min) ★
2.00 PM FILM **Shark Lake** Horror action thriller. (2015, 15, 89min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Martian Land** Sci-fi drama starring Alan Pietruszewski. (2015, PG, 90min) ★
7.00 **Andromeda** 16/22. (S3)
8.00 **The A-Team** 1/23. (S2)
9.00 FILM **Impostor** Sci-fi thriller with Gary Sinise. (2002, 15, 96min) ★★
11.00 FILM **The Box** Sci-fi mystery. (2009, 12, 110min) ★★★
1.20 AM FILM **Impostor** As shown at 9.00pm.
3.15 FILM **Martian Land** As shown at 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.45 **Pawn Stars**
7.30 **Full Custom Garage**
8.25 **Junk & Disorderly**
9.20 **Hardcore Pawn**
1.05 PM **Pawn Stars**
2.05 **Junk & Disorderly**
3.05 **Full Custom Garage**
4.05 **Ancient Aliens**
5.00 **UFO Encounters UK**
6.00 **Storage Wars Canada**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **We Are Not Alone** New edition The testimonies of people who have witnessed the extra terrestrial.
10.00 **UFO POV**
11.00 **The Curse of Oak Island**
1.00 AM **UFO Encounters UK**
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn: Behind the Deal**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives...**
12.00 NOON **All Creatures Great and Small** (S2)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Coastal Adventures with Helen, Jules & JB**
6.00 **Britain's Great Cathedrals: To the Glory of God**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **PD James: An Unsuitable Job for a Woman** *A Last Embrace – Part Two:* Cordelia is unsure who to trust.
10.05 **The Good Ship Murder** *Istanbul:* 3/8. The colleague of a wellness guru is murdered. (S3)
11.05 **Prisoner: Cell Block H**
1.10 AM **Secrets of the Royal Palaces**
3.10 **to 4.00** AM **Coastal Adventures with Helen, Jules & JB**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **Celebrity Who Wants to Be a Millionaire? Christmas Special**
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase Celebrity Special** Quiz show.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
1.00 AM **The Chase** Quiz.
2.00 **The Celebrity Chase**
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon** (S5)
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon** (S5)
5.00 **The Big Bang Theory**
9.00 **Unacceptable** With Richard Ayoade.
10.00 FILM **I Love You, Man** Romantic comedy starring Paul Rudd and Jason Segel. An LA real-estate agent with no close male friends tries to find someone to act as best man at his forthcoming wedding. With Rashida Jones and Andy Samberg. (2009, 15, 100min) ★★★★
12.00 M'T **Mike & Molly** (S1)
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Surprises**
9.00 **Everybody Loves Raymond** 7-10/22. (S1)
11.00 **The Upper Hand** (S2)
1.00 PM **Friends** (S3&4)
7.00 **Friends** 4/24. Joey makes a deal with the building's caretaker. **7.30** 5/24. Chandler falls for Joey's new girlfriend. **8.00** 6/24. Chandler gets to know Joey's girlfriend. **8.30** 7/24. Chandler is racked with guilt. (S4)
9.00 **Iain Stirling's Roast the Internet**
10.00 **Stupid Central**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Most Ridiculous**
1.00 AM **South Park** (S4)
2.55 **Dara O Briain Talks Funny: Live in London**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 3&4/22. (S1)
6.50 **Modern Horror Stories**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S2)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 5-8/22. (S1)
7.00 **Michael McIntyre's Big Show** Guests Rick Astley, Al Porter and Olly Murs perform on stage.
8.00 **The Upper Hand** (S2)
9.00 **Friends** (S3)
1.00 AM **8 Out of 10 Cats**
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Most Ridiculous**
3.35 **New Girl** 18-21/22. (S5)
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.15 **Bread** 11/14. (S5)
10.50 **Steptoe and Son** (S7)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S3)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 4/15. Sitcom. (S3)
2.45 **Minder** 12/13. (S2)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 11/14. (S5)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp** 2/7. (S3)
6.45 **Steptoe and Son** (S7)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 5/13. (S9)
9.00 **Benidorm** 5/7. (S4)
10.00 **Shameless** 8/8. (S3)
10.55 **Man About the House**
11.25 **Mind Your Language**
12.00 M'T **Benidorm** 5/7. (S4)
12.55 AM **Minder** 1/13. (S3)
2.00 **Duty Free** 1/7. (S1)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Catfish UK**
8.00 **Judge Judy**
9.00 **Skin A&E** Dr Dev Shah attempts to 'shell out' a giant lipoma, and Dr Emma McMullen tackles a pair of cysts.
10.00 **Jersey Shore Family Vacation** New edition Mike takes 'extra' to a whole new level for Sammi's gender reveal.
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

9 July Thursday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Filthy Fortunes**
12.00 NOON **Buying Alaska**
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made** Four editions of the series, including at: **4.30** How hearing aids, 3D puzzles and toilets are made.
5.00 **Alaska: Homestead Rescue** A homestead is at serious risk from a torrential rainstorm. **6.00** A Colorado family whose crops are failing.

9.00 Naked and Afraid: Global...

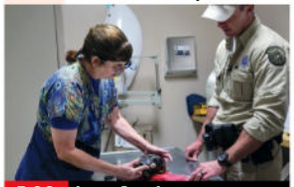
7.00 **Shorty's Dream Shop** Shorty and Terry unearth a rare treasure – a 1969 Impala with 14,000 original miles on the clock.
8.00 **Shorty's Dream Shop** 1/2. Shorty and Pete track down a rare Volkswagen delivery bus.
9.00 **Naked and Afraid: Global Showdown** New edition Multiple teams take down warthogs. In a complex bird trap challenge, Texas surges ahead and Jeff calls out Ky. A legend faces the first elimination.
11.00 **Expedition X** Heather and Phil track reports of a bloodsucking Chupacabra.
12.00 M'T **Caught!**
1.00 AM **Naked and Afraid: Global Showdown**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A man who owns two Savannah cats. **4.00** A firefighter struggles to deal with a crazy pet.
5.00 **Lone Star Law** An injured tortoise needs a procedure.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and Dr Petra team up to save a cat hit by a car.



5.00 Lone Star Law

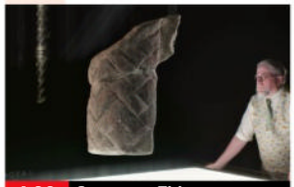
7.00 **Treehouse Masters** Pete Nelson builds a treehouse for the Mt McKinley Princess Wilderness Lodge in the Alaskan wilderness.
8.00 **Richard E Grant's Seven Deadly Sins** Richard E Grant explores the evolutionary roots of wrath.
9.00 **Alaska: The Last Frontier** Otto and Charlotte travel to Switzerland to see where the Kilcher legacy began.
10.00 **Alaskan Bush People: Book of Billy** An interview with Brown family patriarch Billy.
11.00 **The Haunted** A figure appears and family pets start dying.
12.00 M'T **Crikey! It's the Irwins** Robert wrangles a highly venomous king cobra.
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering Europe**
11.00 **Car S.O.S** A Ferrari 308 GTS.
12.00 NOON **Seconds from Disaster**
1.00 PM **Air Crash Investigation**
2.00 **World War II: Secrets from Above** Double bill of editions.
4.00 **Strangest Things** The lost colony of Roanoke.
5.00 **Mystery of MH370: Drain the Oceans** The case of Malaysia Airlines Flight 370.
6.00 **World War II: Secrets from Above** Hitler launches an assault on the Western front.



4.00 Strangest Things

7.00 **Air Crash Investigation** Investigators discover a danger that the industry has known about for years.
8.00 **Apocalypse: The Fall of Hitler** In 1943, the Allies prepare to rid the world of the Nazi leader.
9.00 **Apocalypse: The Fall of Hitler** It's 1944, and the Allied forces take over the West and Nazis retreat in the East.
10.00 **Nazi Megastructures: Battle Ready** A look at the fortified bunkers designed to protect German U-boats.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Car S.O.S**
2.55 **To Catch a Smuggler**
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Junk & Disorderly: Henry's Wreck-trospective**
7.25 **Storage Hunters** Four editions.
9.15 **Pawn Stars** Documentary.
10.10 **Storage Hunters** Four editions.
12.00 NOON **Dictators' Hideouts**
2.00 PM **Pawn Stars** Four editions of the series, including at: **5.00** Chum finds some *Buffy the Vampire Slayer* figurines.
6.00 **American Pickers** Mike Wolfe puts his trusted mechanic Dave in the driver's seat.

9.00 Royal Mob

7.00 **Forged in Fire** Champions from previous seasons compete against one of the expert judges.
8.00 **Britain's Lost Battlefields with Rob Bell** Boudicca's uprising against the Roman occupation of Britain.
9.00 **Royal Mob** *Four Sisters:* 1/4. Docu-drama about Queen Victoria's four favourite grand-daughters, the Hesse sisters.
10.00 **Royal Mob** *All Hail the Prince of Wales:* 2/4. Willy at last ascends the German throne. (S1)
11.00 **Royal Mob** 3/4. At the turn of the century, Queen Victoria dies and George V is crowned king. **12.00** M'T 4/4. Victoria learns Alix, Nicky and their children have been executed. (S1)
12.55 AM **Secrets in the Dark** A look at the eerie acoustics of the cave.
1.50 **Pawn Stars** Four editions.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Eighties**
7.00 **Discovering: Diane Keaton**
8.00 **The Directors**
9.00 **The Movies**
10.00 **Janet Jackson**
11.00 **Escobar by Escobar**
12.00 NOON **McLaren**
1.50 PM **My Icon: Kadeen Corbin**
2.00 **Villeneuve Pironi: Racing's Untold Tragedy**
4.00 **The Directors**
5.00 **Discovering: Diane Keaton**
6.00 **Dart Kings** The story of Phil Taylor, the most successful darts player in history.

7.00 Gascoigne

7.00 **FILM Gascoigne** Documentary about the life of Paul Gascoigne, featuring an extensive interview with the former footballing superstar. (2015, 15, 86min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
8.50 **My Icon: Casey Stoney** The football coach talks about her idols.
9.00 **Tina** A celebration of Tina Turner's life and career, featuring contributions from the Grammy Award-winning artist, as well as Angela Bassett and Oprah Winfrey.
11.20 **The Essex Murders: Who Killed Goldfinger?** 1-3/3. Investigating the unsolved 2015 murder of John Palmer.
2.20 AM **Costa Concordia: Chronicle of a Disaster** Different accounts of the 2012 sinking of the cruise ship.
4.20 **The Great Horsemeat Scandal**
5.00 **to 6.00** AM **Discovering: Diane Keaton**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Crystal Hunters** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** A house clearance in Stockton-on-Tees.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Shed and Buried**
10.00 **The Repair Shop** Items include a music box with a link to Queen Elizabeth II's coronation.
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Lethally Blonde** New edition In 2022, police find a man dead in his home in Texas. **10.00** A single mother turns to exotic dancing to support her family.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** A look at the case of Derrick Bird.
8.00 **UK Crime Files: World's End Murders** Two teens who vanished after leaving a pub.
9.00 **UK Crime Files: Getting Away With Murder** The story of the Newall brothers.
10.00 **Britain's Countryside Killers** New edition The story of Janet Müller, who was killed in West Sussex in 2015.
11.00 **New Scotland Yard Files**
12.00 M'T **UK Crime Files: World's End Murders**
1.00 AM **UK Crime Files: Getting Away With Murder** As 9.00pm.
2.00 **Britain's Countryside Killers** As 10.00pm.
3.00 **Murder UK**
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Serial Killer in the Making?** Documentary.
9.55 **UK Crime Files: Railway Murders**
11.00 **Secrets of a Murder Detective** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Tracking a Serial Killer**
3.00 **UK Crime Files: The Cliff Top Killer**
4.00 **Secrets of a Murder Detective** True-crime.
5.00 **Medical Detectives** Detectives look into the murder of a disc jockey. **5.30** A man is killed in his own garage. **6.00** Three murders are linked to one killer. **6.30** A murder scene baffles investigators.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **Murder Uncut**
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
10.00 **Killer in My Village**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Paul Runge.
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Britain's Most Evil Killers**
4.00 **A1: Britain's Longest...**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Sicily: The Conquered Isle**
9.20 **WWII in Colour: Road to Victory**
10.30 **Immortal Egypt with Joann Fletcher**
11.50 **The War** Documentary.
1.00 PM **Sicily: The Conquered Isle**
2.20 **WWII in Colour: Road to Victory**
3.30 **Immortal Egypt with Joann Fletcher**
4.50 **The War** Documentary.
5.55 **Sicily: The Conquered Isle** Documentary.
7.20 **WWII in Colour: Road to Victory**
8.30 **Immortal Egypt with Joann Fletcher**
9.50 **The War** Documentary.
10.55 **WWII in Colour: Road to Victory**
12.00 M'T **Immortal Egypt with Joann Fletcher**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

THURSDAY

Thursday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Colombia's Wild Coast**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Colombia's Wild Coast**
6.00 **Predators**
7.00 **Monkey Life** Double bill.
8.00 **Superbeast** A celebration of nature's ultimate athletes.
9.00 **Wild Science** Cameras get up close with the hippo.
10.00 **Predators** In the mountains of Patagonia, a female puma teaches its cubs how to survive.
11.00 **Colombia's Wild Coast**
12.00 M'T **Wild Rockies**
1.00 AM **Hope for Wildlife**
2.00 **Superbeast** As 8.00pm.
3.00 **Wild Science** As 9.00pm.
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Ships**
10.00 **Hitler's British Island**
11.00 **Ancient Aliens**
1.00 PM **Life After People**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** Two men who claim to have had contact with extraterrestrials.
8.00 **Hell on Earth: WWII** An insight into the German forces' occupation of Europe.
9.00 **World War II: Witness to War** With the United States joining the conflict, Western forces brought the war to the Axis front – with extreme costs. **10.00** Japan's expansion into South East Asia, which saw the Allies attempt to block the empire's aggression. The war in the Pacific subsequently became even more brutal.
11.00 **Ancient Aliens**
1.00 AM **UFO Hunters**
2.00 **Life After People**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
11.00 **Codes and Conspiracies**
1.00 PM **Secrets Underground**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?**
9.00 **How It's Made** An insight into how promotional origami and hedge shears are made. **9.30** The making of moccasins and electronic-impact drills. **10.00** A look at the making of bowling balls, barber poles, felt and radar guns. **10.30** An insight into how Asian noodles and rotary engines are manufactured.
11.00 **How It's Made: Dream Cars** The crew visit the birthplace of the Morgan 3-Wheeler. **11.30** The inner workings of the Ginetta and Team LNT. **12.00** M'T The team visit the birthplace of the Lucra LC470. **12.30** AM Focusing on the Chevrolet Corvette Stingray.
1.00 **NASA's Unexplained Files**
4.00 **Secrets Underground**
5.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Crimes That Shook Britain**
2.00 PM **Green Eyed Killers**
3.00 **Spring Break Murders**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers**
9.00 **Predator Hunters** New edition A registered sex offender's meeting with a 13-year-old triggers a dramatic takedown at a petrol station.
10.00 **NEW SERIES Alaska State Troopers** Officers investigate arson near the Arctic Circle during the 24 hours of daylight at the summer solstice.
11.00 **K9 PD with Jim Belushi**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **America's Wild Heartlands**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo**
1.00 PM **Snakes in the City**
2.00 **Future Cats**
3.00 **Shark Men**
4.00 **Born in Africa**
5.00 **The Incredible Dr Pol**
6.00 **Yukon Vet Compilation**
7.00 **Secrets of the Zoo** Four wild cats take a trip to meet James Corden on *The Late, Late Show*.
8.00 **Built to Survive** A look at animals that live in Australia's most extreme conditions. **8.30** Phil Breslin encounters Australia's largest lizard.
9.00 **South Africa: Cradle of Killers** The country's deadliest animals.
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Alaska Animal Rescue**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Swamp Men**

Discovery History

161/172 147 181

7.00 AM **Houdini's Last Secrets**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts analyse what happens when galaxies collide.
8.00 **Houdini's Last Secrets** Experts recreate Houdini's buried alive escape stunt, and investigate if he was killed by more sinister forces.
9.00 **Legendary Locations** Josh Gates explores a treacherous island prison in Ireland.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secret Nazi Bases**
1.00 PM **Secret Nazi Bases**
7.00 **Secret Nazi Bases** Built in 1934, Ordensburg Vogelsang, a virtual Nazi Castle was constructed with the intention of building the New German – elite future leaders of the Reich. **8.00** In 1933, Heinrich Himmler signed a 100-year lease for Wewelsburg Castle in Büren, Germany, which became a secret training space for the SS. **9.00** Examining the ruins of what was once one of Germany's most important assets – a place that kept the German war machine moving. **10.00** When the Nazis took Ksiaz Castle, it wasn't for the view. Secret staircases and lifts were built, while underneath, a vast network of tunnels was beginning to take form.
11.00 **Secret Nazi Bases**
5.20 **to 6.00** AM **Great British Railway Journeys** A journey from Whitland to Swansea.

+1hour 266 376

ID

154 140 166

8.00 AM **Real Time Crime**
12.00 NOON **Atlanta Justice**
1.00 PM **American Monster**
3.00 **Faking It: Tears of a Crime**
7.00 **Where Murder Lies** When a woman's millionaire boyfriend reported her missing, police had little to go on in their search, but an unlikely witness uncovered a web of deceit. **8.00** The disappearance of Russell Ray. As the search for him intensified, police made a horrific discovery and focused on an unlikely suspect.
9.00 **Murder on CCTV** The case of an 11-year-old girl's disappearance while walking home from a friend's house. **10.00** A 30-year-old woman is shot dead after a night out.
11.00 **911: Did the Killer Call?** Police suspect an ex-husband who called 911 is the killer.
12.00 M'T **Signs of a Psychopath**
1.00 AM **Murder Calls**
2.00 **Faking It: Tears of a Crime**
4.00 **to 6.00** AM **Where Murder Lies**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Hand Built Hot Rods**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** New edition John Andrade Jr returns for a challenge involving a Mustang and a Chevy Malibu.
9.00 **Outback Truckers**
10.00 **Hand Built Hot Rods**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Workshop** Disagreements in the workshop almost lead to the loss of a job.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Cinema List: Trapped**
6.20 **Strung** Thriller. (2026, 15)
8.35 **Carolina Caroline** Thriller. (2025, 15, 105min) ★★★★
10.25 **Bugonia** As 8.00pm.
12.35 PM **The Choral** Comedy drama. (2025, 15, 113min) ★★★★
2.35 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
4.15 **Grand Prix of Europe** (2025)
6.00 **Civil War** Action thriller. (2023, 15, 109min) ★★★★

10.10 Lee Cronin's The Mummy

8.00 Bugonia Offbeat comedy thriller starring Emma Stone, Jesse Plemons and Aidan Delbis. Two conspiracy-obsessed men kidnap the high-powered CEO of a company, convinced she is an alien intent on destroying Earth. (2025, 15, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Lee Cronin's The Mummy Horror starring Natalie Grace. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
2.10 **Black Phone 2** Horror sequel. (2025, 18, 114min) ★★★★
4.05 **LifeHack** Thriller with Georgie Farmer. (2025, 15, 97min)
5.45 **to 7.25** AM **Grand Prix of Europe** Animation. (2025, U)

Sky Cinema Bourne

303 303 403 503 517

7.40 AM **Jason Bourne** As 5.55pm.
9.45 **The Bourne Identity** (2002)
11.45 **The Bourne Supremacy**
1.35 PM **The Bourne Ultimatum**
3.35 **The Bourne Legacy** Spy thriller sequel starring Jeremy Renner and Rachel Weisz. (2012, 12, 129min) ★★★
5.55 **Jason Bourne** Spy thriller sequel starring Matt Damon, Tommy Lee Jones, Alicia Vikander and Julia Stiles. (2016, 12, 123min) ★★★

3.35 The Bourne Legacy

8.00 The Bourne Identity Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente. (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Bourne Supremacy Spy thriller sequel based starring Matt Damon. A former CIA assassin tries to discover why his enemies want to kill him. With Brian Cox. (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 The Bourne Ultimatum Spy thriller sequel with Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. (2007, 12, 115min) ★★★★
1.50 AM **The Bourne Legacy**
4.05 **to 6.10** AM **Jason Bourne**

Sky Cinema Drama

310 310 410 510 524

6.00 AM **I Used to Be Funny** Comedy drama starring Rachel Sennott. (2023, 15, 105min) ★★★
7.50 **September 5** Fact-based thriller. (2024, 15, 95min) ★★★★
9.30 **Girl You Know It's True**
11.40 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. (2024, 15, 138min) ★★★★
2.00 PM **True Grit** Western remake. (2010, 15, 110min) ★★★★
4.00 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
5.50 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
8.00 **The Post** Fact-based drama starring Meryl Streep and Tom Hanks. (2017, 12, 113min) ★★★★
10.00 **The Green Mile** Supernatural prison drama based on the novella by Stephen King, starring Tom Hanks, Michael Clarke Duncan and Sam Rockwell. (1999, 18, 189min) ★★★★
1.10 AM **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. (2018, 15, 136min) ★★★★★
3.30 **Girl You Know It's True** Biopic. (2023, 15, 124min) ★★★
5.40 **to 6.00** AM **The Cinema List: Book Adaptations**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

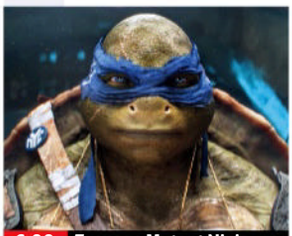
7.25 AM **Until Dawn** As 1.30am.
9.15 **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
11.00 **The Meg** Action thriller. (2018, 12, 113min) ★★★
1.00 PM **Annabelle** Horror. (2014, 15, 97min) ★★
2.40 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
4.35 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
6.15 **Zombieland: Double Tap** Horror comedy sequel starring Woody Harrelson. (2019, 15, 99min) ★★★
8.00 **28 Years Later** Danny Boyle's horror sequel with Jodie Comer. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
10.00 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
11.55 **If You Were the Last** Comedy. (2023, 15, 92min) ★★★★
1.30 AM **Until Dawn** Horror. (2025, 15, 99min) ★★★
3.15 **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
5.00 **to 6.00** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.15 AM **Epic Tails** (2022, U) ★★★
7.55 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
9.40 **Playmobil: The Movie** Animation. (2019, U) ★★★
11.30 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
1.40 PM **Grand Prix of Europe** Animation. (2025, U, 85min)
3.20 **Wicked** (2024, PG) ★★★★
6.00 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12, 101min) ★★



6.00 Teenage Mutant Ninja...

7.45 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy adventure sequel starring Megan Fox, Will Arnett and Stephen Amell. (2016, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Ghostbusters: Afterlife** Supernatural comedy sequel starring Paul Rudd and Carrie Coon. A single mother and her children discover their connection to the original Ghostbusters. (2021, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
1.25 AM **Annie** Musical remake. (2014, PG, 115min) ★★★
3.25 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
5.20 **to 6.50** AM **Scooby-Doo** Live-action comedy adventure. (2002, PG, 86min) ★★★

Sky Cinema Action

306 306 407 507 521

7.30 AM **Prisoner of War** Thriller. (2025, 15, 112min) ★★★
9.30 **Gladiator II** Historical drama. (2024, 15, 148min) ★★★
12.00 NOON **American Night** Crime drama. (2021, 15, 123min) ★★★
2.10 PM **Jurassic World: Rebirth** Fantasy adventure. (2025, 12, 133min) ★★★
4.30 **Skyscraper** Action thriller. (2018, 12, 102min) ★★★
6.20 **Hancock** Action comedy. (2008, 12, 92min) ★★★

6.20 Hancock

8.00 **Spider-Man** Fantasy adventure starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. (2002, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Bumblebee** *Transformers* prequel starring Hailee Steinfeld and John Cena. In 1987, a lonely teenager discovers and revives the battle-scarred Autobot Bumblebee in a junkyard. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Green Lantern** Superhero adventure with Ryan Reynolds. (2011, 12, 114min) ★★
2.15 **Venom: The Last Dance** Fantasy starring Tom Hardy. (2024, 15, 110min) ★★★
4.15 **to 6.05** AM **Jackie Chan's Police Story** Comedy thriller. (1985, 15, 98min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.30 AM **National Lampoon's Vacation** (1983, 15) ★★
8.10 **Smokey and the Bandit**
9.50 **Roofman** As 1.25am.
12.00 NOON **Honey Don't!** Comedy thriller. (2025, 15, 89min) ★★★
1.35 PM **Police Academy 2: Their First Assignment** Comedy sequel. (1985, 12, 87min) ★★
3.05 **Arthur** (1981, 15) ★★★★
4.45 **Caddyshack** (1980, 15) ★★★
6.25 **Billy Madison** Comedy. (1995, PG, 90min) ★★

4.45 Caddyshack

8.00 **Police Academy 3: Back in Training** Comedy sequel starring Steve Guttenberg and Bubba Smith. The academy is threatened with closure. (1986, PG, 82min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Eddie the Eagle** Biopic of British underdog ski jumper Eddie Edwards, who became a national sensation during the 1988 Winter Olympics. Stars Taron Egerton and Hugh Jackman. (2016, PG, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Bridget Jones: Mad About the Boy** Romantic comedy. (2024, 15, 125min) ★★★★
1.25 AM **Roofman** Comedy drama. (2025, 15, 126min) ★★★★
3.35 **Smokey and the Bandit** Comedy. (1977, PG) ★★★
5.15 **The Cinema List: Bingeable**
5.45 **to 7.40** AM **Seven Psychopaths** Comedy thriller. (2012, 15, 106min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

8.05 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
10.40 **Ocean's Twelve** Caper thriller sequel with George Clooney. (2004, 12, 125min) ★★★★
1.00 PM **Murder by Numbers** Thriller with Sandra Bullock. (2002, 15, 120min) ★★★
3.15 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
5.15 **The Firm** Legal thriller. (1993, 15, 155min) ★★★

8.00 Patriot Games

8.00 **Patriot Games** Action thriller starring Harrison Ford. A retired CIA agent becomes the target of a vengeful IRA man after foiling an assassination attempt on a British politician. With Anne Archer and Sean Bean. (1992, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

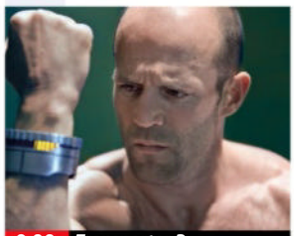
10.00 **A Clockwork Orange** Stanley Kubrick's futuristic satire based on the novel by Anthony Burgess, starring Malcolm McDowell and Patrick Magee. (1971, 18, 136min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Chinatown** Roman Polanski's thriller starring Jack Nicholson and Faye Dunaway. (1974, 15, 131min) ★★★★★
2.35 **The Alto Knights** Fact-based drama starring Robert De Niro. (2024, 15, 123min) ★★★
4.40 **to 7.05** AM **Detroit** Fact-based drama starring John Boyega. (2017, 15, 143min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Jubal** Vintage Western. (1956, PG, 101min) ★★★
1.05 PM **3.10 to Yuma** Western. (1957, b/w, PG, 80min) ★★★★
2.55 **Winchester '73** Western. (1950, b/w, U, 92min) ★★★
4.45 **Broken Arrow** Western. (1950, PG, 93min) ★★★★
6.40 **The Day After Tomorrow** Disaster movie starring Dennis Quaid and Jake Gyllenhaal. (2004, 12, 124min) ★★★★



9.00 Transporter 3

The Day After Tomorrow (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Transporter 3** Action thriller sequel starring Jason Statham and Natalya Rudakova. The Transporter is pressured into taking the kidnapped daughter of a Ukranian official from Marseilles to Odessa. (2008, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.05 **The Artifice Girl** Sci-fi mystery drama starring Tatum Matthews. A revolutionary AI system is created to catch internet child predators, but disaster looms when it develops much quicker than intended. (2022, 15, 93min) ★★★★
12.55 **to 3.20** AM **Shayda** Australian drama. Partly subtitled. (2023, 15, 117min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

7.00 AM **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★
9.00 **Plainclothes** As 4.30am.
10.50 **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
12.35 PM **Coyotes** Comedy thriller. (2025, 15, 105min) ★★★
2.20 **I Know What You Did Last Summer** Horror thriller reboot starring Chase Sui Wonders. (2025, 15, 119min) ★★★
4.20 **Final Destination: Bloodlines** Supernatural horror with Kaitlyn Santa Juana and Teo Briones. (2025, 15, 110min) ★★★★
6.20 **We Bury the Dead** Horror thriller starring Daisy Ridley. (2024, 15, 94min) ★★★★
8.00 **One Battle After Another** Oscar-winning action thriller starring Leonardo DiCaprio. (2025, 15, 161min) ★★★★★
10.45 **The Shadow's Edge** Action thriller starring Jackie Chan. (2025, 15, 141min) ★★★
1.10 AM **Safe House** Thriller starring Holt McCallany and Ethan Embry. (2025, 15, 90min) ★★★
2.45 **Adulthood** Comedy drama. (2025, 15, 97min) ★★★
4.30 **to 6.10** AM **Plainclothes** Romantic thriller starring Tom Blyth. (2025, 15, 95min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.10 AM **Terms of Endearment**
9.25 **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
11.45 **My Girl** Bitter-sweet comedy. (1991, PG, 105min) ★★
1.30 PM **Notting Hill** Romantic comedy starring Hugh Grant. (1999, 15, 120min) ★★★★
3.40 **Moulin Rouge** Biographical drama. (1952, PG, 120min) ★★★
5.45 **Legends of the Fall** Epic period drama with Brad Pitt, Anthony Hopkins and Aidan Quinn. (1994, 15, 133min) ★★★★
8.00 **Cool Hand Luke** Prison drama starring Paul Newman as a chain gang convict who becomes a hero to his fellow prisoners. With George Kennedy. (1967, 15, 126min) ★★★★★
10.20 **The African Queen** Romantic adventure starring Katharine Hepburn and Humphrey Bogart. (1951, U, 100min) ★★★★★
12.20 AM **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
2.10 **The End of the Affair** Drama. (1999, 18, 101min) ★★★★
4.05 **Sky Cinema Preview**
5.05 **to 7.25** AM **Terms of Endearment** Comedy drama. (1983, 15, 132min) ★★★★★

Disney+ Cinema

305 305

6.00 AM **Bambi** Disney's classic feature-length cartoon. (1942, U, 69min) ★★★★★
7.20 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
9.40 **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
11.20 **Hercules** Animated adventure. (1997, U, 92min) ★★★★
12.55 PM **The Good Dinosaur** Animation. (2015, PG) ★★★★
2.30 **A Goofy Movie** Animated comedy. (1995, U, 78min) ★★
3.55 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★
5.35 **WALL-E** Animated adventure. (2008, U, 98min) ★★★★★
7.15 **The Sorcerer's Apprentice** Fantasy. (2010, PG) ★★★★
9.00 **A Complete Unknown** Biopic. (2024, 15, 140min) ★★★★
11.20 **The East** Political thriller. (2013, 15, 111min) ★★★★
1.15 AM **28 Weeks Later** Horror sequel starring Robert Carlyle. (2007, 18, 99min) ★★★★
3.00 **Nightbitch** Dark comedy. (2024, 15, 99min) ★★★
4.40 **to 6.00** AM **Inspector Gadget** Live-action adaptation of the cartoon. (1999, U, 77min) ★★★

Movies 24

312 313 419

7.00 AM **A Keller Christmas Vacation** Festive drama. (2025, PG, 89min) ★★
9.00 **All I Need for Christmas** Drama. (2024, PG, 87min) ★★
11.00 **A Make or Break Holiday** Drama. (2025, U, 89min) ★★
1.00 PM **An Alpine Holiday** Comedy drama. (2025, U, 90min) ★★
3.00 **A Merry Scottish Christmas** Drama. (2023, PG, 90min) ★★
5.00 **Love at the Bootcamp** Romantic drama with Leanne Lapp. (2024, PG, 90min) ★★
7.00 **A Suite Holiday Romance** Festive drama starring Jessy Schram and Dominic Sherwood. (2025, PG, 90min) ★★
9.00 **Deck the Walls** Festive drama starring Ashley Greene and Wes Brown. (2024, PG, 90min) ★★
11.00 **Christmas in Notting Hill** Romantic drama starring William Moseley and Sarah Ramos. (2023, PG, 84min) ★★
1.00 AM **12 Dares of Christmas** Drama with Brittany Underwood. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Designing Christmas With You** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Black Saddle** 22/24. (S2)
6.30 **Topper Returns** Comedy. (1941, b/w, U, 88min) ★★★
8.20 **Stock Car** Racing drama. (1955, b/w, PG, 68min) ★★
9.40 **A Yank in Ermine** Culture-clash comedy. (1955, U, 85min) ★★
11.20 **What's On TPTV with Noel**
11.30 **Celebrity Playhouse: Bourbon Street** Drama with Dick Powell.
12.00 NOON **Danger UXB** 6/13. (S1)
1.05 PM **Adventures of Sir Lancelot**
1.35 **Captain Pirate** Adventure. (1952, U, 85min) ★★
3.20 **Serena** Murder mystery. (1962, b/w, U, 63min) ★★
4.35 **A Hill in Korea** War drama. (1956, b/w, PG, 75min) ★★★
6.15 **Cinebox Memories**
6.20 **Strange But True**
6.55 **The Brothers** 5/13. (S3)
8.00 **Mark Saber** 23/29. (S5)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **Dulcima** Drama. (1971, U) ★★★
11.20 **Wuthering Heights** Adaptation of the novel. (1998, 12) ★★★
1.40 AM **Doomwatch** 11/13. (S2)
2.40 **Echo of Diana** Espionage thriller. (1963, b/w, PG, 61min) ★
3.55 **Cinebox Memories**
4.00 **Burke's Law** 28/32. (S1)
5.00 **to 6.00** AM **The Rogues**

THURSDAY Sport 9 July

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.30 **LIVE DP World Tour Golf** Day one of the Scottish Open at Renaissance Club in North Berwick.
11.00 **LIVE LPGA Tour Golf** Coverage of day one of the Evian Championship at Evian Resort Golf Club in Évian-les-Bains, France.
5.00 PM **LIVE International T20 Cricket** **England v India.** The fourth T20 in the five-match series, held at the Bristol County Ground.
9.30 **LIVE PGA Tour Golf** Coverage of day one of the ISCO Championship at Hurstbourne Country Club in Louisville, Kentucky. Chan Kim was the leader at the end of the first round last year after carding a nine-under-par round of 61 that was only matched by eventual champion William Mouw on the final day.
12.00 M'T **World Cup Report**
1.30 AM **LIVE Major League Cricket** **Washington Freedom v LA Knight Riders.** The T20 match at Grand Prairie Stadium in Texas.
5.30 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights**
1.00 PM **MNF Hlts** Action from Fulham v Nottingham Forest.
1.30 **Premier League Highlights**
4.30 **SNF** Chelsea v Aston Villa.
5.00 **Premier League Highlights**
6.00 **Premier League Review**
8.00 **Netbusters** Fast-paced highlights from the Premier League.
9.00 **Premier League Stories** Former West Ham United striker Dean Ashton reflects on his career.
9.30 **Transfer 360** The story of John Obi Mikel's transfer to Chelsea.
10.00 **Gary Neville's Soccerbox** Gary is joined by Les Ferdinand.
10.30 With Duncan Ferguson.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 1997/98 season, all set to a specially selected soundtrack from the time.
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2018/19**
5.00 **PL Hat-Tricks: Alan Shearer**
5.15 **PL Hat-Tricks: Sergio Aguero**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Championship Retro**
2.00 PM **150 Years of the Edinburgh Derby**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **SPFL Highlights**
5.30 **EFL Greatest Games**
6.00 **Championship Retro** Watford v Leicester City in the 2013 play-off semi-final second leg.
8.00 **Jimmy Glass: The Great Escape**
8.30 **EFL Rivalries** East Anglian derby.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Final 16**
11.00 **SPFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Archive action.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Women's International One-Day Cricket**
8.00 **Best of ICC WT20**
8.30 **Women's ICC T20 World Cup**
9.00 **International T20 Cricket**
10.30 **Women's International One-Day Cricket**
12.30 PM **International T20 Cricket**
2.00 **Women's ICC T20 World Cup**
3.30 **International T20 Cricket**
5.00 **LIVE International T20 Cricket** **England v India.** The fourth T20 in the five-match series, held at the Bristol County Ground. The last time these sides met at this venue was in July 2018, when they played the final game of a three-match series. India claimed the series victory in that game thanks to a seven-wicket win.
9.30 **Best of ICC WT20**
10.00 **International T20 Cricket**
12.00 M'T **Women's ICC T20 World Cup** Highlights of the final.
12.30 AM **Best of ICC WT20**
1.15 **LIVE Major League Cricket** **Washington Freedom v LA Knight Riders.** The T20 match at Grand Prairie Stadium in Texas.
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **PGA Tour: The Cut**
7.30 **DP World Tour Golf**
8.00 **HotelPlanner Tour Golf**
8.30 **LIVE DP World Tour Golf** Day one of the Scottish Open at Renaissance Club, North Berwick.
7.00 PM **Scotland's Greatest Golf Holes** Double bill of editions.
8.00 **LPGA Tour Golf**
9.00 **LIVE PGA Tour Golf** Day one of the ISCO Championship.
12.00 M'T **HotelPlanner Tour Golf**
12.30 AM **LPGA Tour Golf**
1.30 **School of Golf**
2.00 **DP World Tour Golf**
3.00 **The Open: Official Films**
4.00 **LPGA Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP/WTA Tour Classic Matches** Archive action.
7.00 **Best of Federer**
8.00 **Tennis** The Madrid Open.
9.00 **Best of The US Open 2025**
11.00 **WTA Tennis** Recent highlights.
11.30 **ATP Tennis** Highlights.
1.30 PM **WTA Tennis**
3.30 **Best of Serena Williams**
5.30 **Tennis** Recent action.
8.00 **Best of The US Open 2025**
10.00 **ATP/WTA Tour Classic Matches**
11.00 **Tennis** The Italian Open.
12.00 M'T **ATP/WTA Tour Classic Matches** Archive action.
1.00 AM **Best of Federer**
2.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **Ultimate Pool** Action from the Champions League tournament.
8.30 **Wimbledon** Day 10 highlights.
10.00 **Tour de France Highlights**
11.00 **LIVE Tour de France** Coverage of stage six of this year's men's race, a 186.2km route from Pau to Gavarnie-Gedre.
5.15 PM **The Gruppetto** The latest news from the world of cycling.
5.30 **MLB Plays of the Week** A look at the most exciting plays from the past week's matches.
6.00 **LIVE MLB** **Tampa Bay Rays v New York Yankees.** Coverage of the American League match, taking place at George M. Steinbrenner Field. Start-time **6.10pm**.
9.00 **Sign Up – Into Football** Behind the scenes of the Premier League.
10.00 **Wimbledon** Day 11 highlights.
11.30 **MLB Highlights**
12.30 AM **LIVE MLB** **St. Louis Cardinals v Milwaukee Brewers.** Coverage of the National League match from Busch Stadium. Start-time **12.45am**.
3.30 **MLB Plays of the Week**
4.00 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Highlights**
11.00 **LIVE AFL** **Fremantle Dockers v Sydney Swans.** Coverage of the match from Optus Stadium in Perth. Bounce-up **11.10am**.
2.00 PM **MLB Highlights**
3.00 **British Superbikes Highlights**
4.00 **ABB FIA Formula E World Championship Highlights**
6.00 **Endurance Uncovered: Racing for Excellence**
6.30 **Ultimate Pool** Action from the Group 4 matches in the Champions League tournament.
8.00 **Tour de France Highlights**
9.00 **UCI Mountain Bike World Series Review** Action from this year's Trentino Enduro.
9.30 **The Gruppetto** The latest news from the world of cycling.
9.45 **Test Cricket Highlights** West Indies v Sri Lanka in the second and final Test of the series.
11.45 **AFL** A chance to see Fremantle Dockers v Sydney Swans.
1.15 AM **The Gruppetto**
1.30 **Tour de France Highlights**
2.30 **Wimbledon** Action from the 11th day of the tournament.
4.00 **to 6.00** AM **NWSL**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Hull Kingston Rovers v St Helens from 2025.
9.00 Hull Kingston Rovers v Catalans Dragons from 2025.
12.00 NOON **NFL Highlights** Action from Indianapolis Colts v Atlanta Falcons from the 2025/26 season.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Action from Carolina Panthers v Seattle Seahawks from 2025/26.
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.30 **Super League Highlights**
6.00 **State of Origin Rugby League**
9.00 **NBA on Fire** A weekly behind-the-scenes deep dive into all the latest action from the NBA.
9.30 **Super League Highlights**
10.00 **NFL Bitesize Highlights**
10.15 **Super League Highlights**
10.30 **NBA on Fire**
11.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks from the 2025/26 season.
12.00 M'T **The Insiders**
1.00 AM **Super League Highlights**
2.00 **Super League**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **World Cup Matchday**
11.00 **LIVE LPGA Tour Golf** Coverage of day one of the Evian Championship at Evian Resort Golf Club in Évian-les-Bains, France. Australia's Grace Kim is the reigning champion after she defeated Thailand's Jeeno Thitikul in a play-off last year, after both players finished the tournament on an overall score of 14-under par.
5.00 PM **World Cup Matchday**
7.00 **World Cup Show**
10.00 **World Cup Report** A round-up of all the day's World Cup news.
12.00 M'T **EFL Greatest Games** Nottingham Forest v Yeovil Town.
12.15 Highlights of Cardiff City v Swansea City from Ninian Park.
12.30 Millwall v Scunthorpe United from 2008/09.
12.45 AM Brief highlights of Sheffield United v Sheffield Wednesday from 2009/10.
1.00 **Premier League Darts** Another chance to see the ninth night of the tournament at AO Arena in Manchester.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** F1 highlights.
8.00 **Indycar** Highlights.
9.00 **PGA Tour Golf**
10.00 **Women's State of Origin**
10.45 **LIVE NRLW** **Cronulla-Sutherland Sharks v Brisbane Broncos.** Coverage of the match from Ocean Protect Stadium, Sydney. Kick-off **10.45am**.
12.45 PM **State of Origin Rugby League** Recent highlights.
1.00 **Ladies European Tour Golf**
2.00 **PL Greatest Games**
3.00 **Super League**
5.45 **State of Origin Rugby League**
6.00 **PGA Tour Golf**
7.00 **Women's ICC T20 World Cup**
8.30 **Women's State of Origin**
8.45 **State of Origin Rugby League**
9.00 **PGA Tour Golf**
10.00 **International T20 Cricket**
11.30 **State of Origin Rugby League**
12.00 M'T **EFL Greatest Games**
1.00 AM **International T20 Cricket**
5.30 **to 6.00** AM **Women's ICC T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** Action from Aston Villa v Chelsea.
7.30 Match replay of Manchester City v Nottingham Forest.
9.00 Fulham v West Ham United.
10.30 Action from Tottenham Hotspur v Crystal Palace.
12.00 NOON **Premier League** West Ham United v Manchester City.
1.30 PM Action from Brighton & Hove Albion v Liverpool.
3.00 Arsenal v Bournemouth.
4.30 Brentford v Fulham.
6.00 Chelsea v Manchester United.
7.30 **Premier League Stories**
8.00 **AFL** A chance to see Fremantle Dockers v Sydney Swans.
9.30 **British Superbikes Highlights**
10.30 **ABB FIA Formula E World Championship Highlights**
12.30 AM **Ultimate Pool**
2.00 **British Superbikes Highlights**
3.00 **Fishing: On the Bank**
4.00 **IFSC Climbing World Series**
5.00 **to 6.00** AM **UEFA Champions League: Classics**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
4.00 PM **Motocross World Championship** Highlights.
7.00 **IFSC Climbing World Series Highlights** Recent action.
8.00 **Fishing: On the Bank** Angling magazine show presented by Rob Hughes and Andy Ford.
9.00 **Endurance Uncovered: Racing for Excellence** A look at the World Endurance Championship.
9.30 **NWSL** Action from San Diego Wave FC v Gotham FC.
10.30 Boston Legacy v Bay FC.
11.30 **UFC Countdown** A look ahead of UFC 329 in Las Vegas.
12.30 AM **Fight Week**
1.00 **UFC Fight Flashback** Another chance to see Max Holloway v Brian Ortega from UFC 231.
3.00 **Formula E Flashback**
3.30 **Endurance Uncovered: Racing for Excellence**
4.00 **to 6.00** AM **ABB FIA Formula E World Championship Highlights**

Premier Sports 1

419 APP 528

6.00 AM **Sporting Countdowns**
7.00 **NASCAR Highlights**
8.00 **World Surf League**
9.00 **FIM Sidecarcross Championship**
10.00 **NHL Ice Hockey** Vegas Golden Knights v Carolina Hurricanes in game four of the Stanley Cup Final.
12.00 NOON **Rugby Junior World Championships** A chance to see Ireland U20 v USA U20.
2.00 PM **Swedish Speedway**
4.00 **Sporting Greats**
5.00 **World Surf League**
6.00 **Challenge Cup** A chance to see Montpellier v Ulster in the final.
8.00 **World of FreeSports**
8.30 **NASCAR Highlights**
9.30 **NHL Ice Hockey**
11.30 **FIM Sidecarcross Championship** GP of Belgium.
12.30 AM **Challenge Cup**
2.30 **German Cup**
4.30 **Sporting Countdowns**
5.00 **to 6.00** AM **Transworld Sport**

Premier Sports 2

420 APP 529

6.00 AM **United Rugby Championship** Action from Glasgow Warriors v Stormers in the first quarter-final.
8.00 A chance to see Leinster v Lions in a quarter-final tie.
10.00 **Football's Greatest** The finest players ever discuss their careers.
10.30 **Temples of Sport** Iconic sporting venues from around the globe.
11.00 **EUT20 Belgium** Another chance to see Brussels v Antwerp.
3.00 PM **EUT20 Belgium** Action from the sixth play-off match.
7.00 **Temples of Sport** Iconic sporting venues from around the globe.
7.30 **Football's Greatest** The finest players ever discuss their careers.
8.00 **United Rugby Championship** Action from Glasgow Warriors v Stormers in the first quarter-final.
10.00 A chance to see Leinster v Lions in a quarter-final tie.
12.00 M'T **Temples of Sport**
1.00 AM **EUT20 Belgium**
5.00 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
9.00 **Ginetta Juniors Highlights**
10.00 **Formula 1** Highlights.
11.00 **Indycar** Recent action.
12.00 NOON **Ferrari Challenge UK**
12.30 PM **Formula 1** British Grand Prix.
2.45 **F1 Feature**
3.00 **F1 Academy Highlights**
4.00 **Formula 2 Championship**
5.20 **Franco Colapinto in Argentina**
5.30 **Formula 3 Championship**
6.45 **Alba Larsen IV**
7.00 **Ginetta Juniors Highlights**
8.00 **Indycar** Recent action.
9.00 **Formula 1** British Grand Prix.
11.15 **Ted's Notebook**
11.45 **F1 Feature**
12.00 M'T **Formula 1** British Grand Prix.
1.00 AM **F1 Explained**
2.00 **The Best of F1 2026**
5.00 **to 6.00** AM **F1 Explained**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

10 July

Planner

Wicked: For Good

***MUSICAL** Sky Premiere, 7.25am & 6pm*

Cynthia Erivo and Ariana Grande lead the final chapter of the magical fantasy. With the fate of Oz hanging in the balance, the witches must face the ultimate test of friendship in a visually stunning masterpiece. Also stars Jonathan Bailey.

Austin

***COMEDY** BBC 1, 10.40pm (11.10pm if football on)*

The Anglo-Australian comedy returns for a second series, with neurodivergent Austin (fantastically played by Michael Theo, centre) dealing with his sudden literary fame, while his dad Julian and stepmother Ingrid (Ben Miller and Sally Phillips) head down under to adapt their children's books.

England v India: One-Off Test

***CRICKET** Sky Sports, play starts 11am*

It's a historic day at the home of cricket, as Lord's hosts a women's Test match for the first time. England host a formidable India team, led by captain Harmanpreet Kaur (right), for the four-day contest.

The Charlie Brown and Snoopy Show

***ANIMATION** Apple TV*

Depending on your age, you can indulge in some nostalgia or get acquainted with the Peanuts gang for the first time, as Charles M. Schulz's classic 1980s animated series arrives on the streaming service.

Friday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives...	7.30 Wimbledon – Live: The concluding coverage of day 12			9.00 Would I Lie to...	9.30 How Are You?...	10.00 News; Local News	10.40 Austin
	102 BBC2	‹ 3.00 Wimbledon...	7.30 Beechgrove...	8.00 Your Garden Made Perfect		9.00 Gardeners' World		10.00 QI	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 It'll Be... †	8.00 Emmerdale		9.00 Coronation Street		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Our Farm Next Door: Amanda, Clive...		9.00 Celebrity Gogglebox		10.00 8 Out of 10 Cats Does Countdown	
	105 5	7.00 Tour de France		8.00 Tenerife with Jane McDonald				10.00 1977: When Virginia Wade Won...	
	106 SKY ONE	7.00 The Simpsons		8.00 Joe Lycett's United States of...		9.00 Film: Now You See Me			
ENTERTAINMENT	115 BBC3		7.10 Deadly 60	7.35 Film: Marcel the Shell with Shoes On		9.00 Ludwig		10.00 Amandaland	
	116 BBC4	7.00 Cricket: Today at the Test		8.00 TOTP: 1985	8.30 TOTP: 1991	9.00 Words and Music...	9.40 Blondie in Concert: 1979	10.20 Jimmy Webb...	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Sommerdahl Murders			
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Film: The Inbetweeners Movie			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Chicago Fire		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.45 True Detective: Night Country				9.00 Prisoner		10.00 The Last of Us	
	110 U&GOLD	‹ 6.50 Red Dwarf		8.00 Dad's Army	8.40 Keeping Up...		9.20 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Law & Order: UK	
	120 ITV4	‹ 6.55 Sharpe				9.00 Ice Road Truckers: Deadliest Roads		10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Alan Carr Live: Spexy Beast		10.00 Comedy Central Live	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 From		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Father Brown				10.00 New Tricks	
	109 U&ALIBI	7.00 Unforgettable		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 The Yardbirds			
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake					
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop		8.00 Gold Rush: Mine Rescue with Freddy...		9.00 Expedition Files		10.00 Mystery at Blind Frog Ranch	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Intruders		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Ami	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: The Apocalypse				10.00 Mega Marine Machines	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 The Witches of Salem		10.00 Ancient Aliens	
	155 U&YESTERDAY	7.00 Frozen Planet II		8.00 Canal Boat Diaries				10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.00 Terry Venables: A Man Can Dream		8.00 Murder at the Post Office					

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Expert Witness** New edition How experts used DNA and fibre analysis to solve two cold cases. (S)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition David Harper presents the show from Detling antiques fair. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Clare Balding presents coverage of day 12 of the Grand Slam tournament from the All England Club, featuring the men's singles semi-finals. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show this evening's World Cup match, the schedule will be: **7.30pm LIVE Football: World Cup** The second quarter-final from Los Angeles Stadium in Inglewood, USA. Kick-off is at 8.00. (S) **10.30 BBC News** (S) **11.00 Local News** (S) **11.10 NEW SERIES Austin** (S)(AD) **11.40 Austin** New episode (S)(AD) **12.10am FILM Harry Brown** Thriller. (S) (2009, 18, 95min) ★★ **1.45 Weather for the Week Ahead** (S) **1.50-6.00am BBC News** (S)

7 PM

7.00 NEW **Our Lives: Ashington AFC – Saving Our Club** A look at the attempts to keep the semi-professional football club afloat. (S)(AD)

7.30 LIVE **Wimbledon** Clare Balding presents the concluding coverage of day 12 of the fifth Grand Slam tournament of the year, held at the All England Club, where the second men's semi-final will continue should it not already have been completed. (S)
■ *Today at Wimbledon* is on BBC2 at 11.05pm

8 PM

9 PM

9.00 **Would I Lie to You?** With panellists Shirley Ballas, Steven Bartlett, Josie Gibson and Chris McCausland. (S)(R)

9.30 **How Are You? It's Alan (Partridge)** 5/6. Alan seeks to find joy in the unexpected. (S1) (S)(R)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW SERIES **Austin** 1/8. Return of the comedy starring Ben Miller. The DNA test results claim Julian isn't Austin's dad after all. *See feature, page 6.* (S2) (S)(AD)
■ Entire series on BBC iPlayer
11.05 **Austin** New episode 2/8. The publisher asks Austin to search for his British roots to make his book more identifiable. (S2) (S)(AD)
11.35 FILM **Harry Brown** Thriller starring Michael Caine. A widower living on a south London housing estate takes the law into his own hands after a local gang kill his only friend. (S) (2009, 18, 95min) ★★
1.10 AM **Weather for the Week Ahead**
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Expert Witness** (S)(R)(AD)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Marcus Wareing Simply Provence** (S)(R)
9.00 **BBC News** (S)
10.30 **Political Thinking with Nick Robinson** Topical discussion. (S)
11.00 LIVE **Wimbledon** Coverage of the opening play on day 12 of the Grand Slam tournament from the All England Club. (S)
3.00 PM LIVE **Wimbledon** Coverage of day 12 of the tournament of the year, featuring various doubles and wheelchair semi-finals. (S)

• *Alternative schedule* If BBC1 show this evening's World Cup match, the BBC2 schedule will be: **7.30-9.00pm LIVE Wimbledon** Clare Balding presents the concluding coverage of day 12 at the All England Club. (S)

9.00 Gardeners' World

7 PM

7.30 **Beechgrove Garden** New edition Calum Clunie and George Anderson check on the brassicas that were planted in the club root-infected bed, testing out varieties that are said to be resistant to the infection. (S)

8 PM

8.00 **Your Garden Made Perfect** The owners of a new-build house in Liverpool seek help regarding a massive retaining wall which overwhelms their outdoor space. Hosted by Angela Scanlon. (S)(R)

9 PM

9.00 **Gardeners' World** New edition Adam Frost, Rachel De Thame and Ashley Edwards report from the first RHS Badminton Flower Show in South Gloucestershire. (S)

10 PM

10.00 **QI** *'T' Animals:* Sandi Toksvig, Hannah Waddingham, Desiree Burch, Jason Manford and Alan Davies look at animals that begin with the letter 'T'. (S)(R)
10.30 **Newsnight** (S)
11.05 **Today at Wimbledon** Highlights of the men's singles semi-finals on day 12 at the All England Club. (S)
12.05 AM FILM **Atonement** British romantic drama based on the novel by Ian McEwan, starring Keira Knightley and James McAvoy. (S)(AD) (2007, 15, 110min) ★★★★
1.55 **Sign Zone: Lost and Found in the Lakes** A wedding ring. (S)(R)(AD)
2.25 **Sign Zone: Natalie Cassidy: Caring Together** (S)(R)(AD)
2.55 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.00 PM **ITV News** (S)
1.30 LIVE **Racing** Coverage of day two of the July Festival from Newmarket, headlined by the Falmouth Stakes. Plus, racing from York. (S)
4.00 **Tipping Point** Game show. (S)(R)
5.00 **The Chase** Quiz show. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show this evening's World Cup match, the schedule will be: **7.15pm LIVE Football: World Cup** Coverage of the second quarter-final at Los Angeles Stadium in Inglewood, USA. Kick-off is at 8.00. (S) **10.35 ITV News** (S) **11.05 Local News** (S) **11.25 WhatsApp Obsession: The Murder of Stephanie Hansen** (S)(R) **12.25-3.00am Teleshopping**

1.30 Racing

7 PM

7.30 **It'll Be Alright on the Night** Tom Allen presents another compilation of TV clangers, featuring Kylie Minogue, Michael McIntyre, Romesh Ranganathan, Sue Perkins and Roman Kemp. (S)(R)(AD)

8 PM

8.00 **Emmerdale** Lewis and Nicola are shocked to find the cafe has been ransacked, Serena fishes for information, while Moira makes her distrust known. (S)(AD)
■ This week's episodes will be subject to change

9 PM

9.00 **Coronation Street** Hope and Ruby inform Tyrone that they have traced his father, Abi hires Adam in her fight against Idris, and Maria says too much in front of Kit. (S)(AD)
■ This week's episodes will be subject to change

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Jack Reacher** Action thriller starring Tom Cruise as bestselling author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. With Rosamund Pike, Richard Jenkins and Werner Herzog. (S)(AD) (2012, 15, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.05 AM **Teleshopping**
3.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling. (S)(SL)(R)
4.45 **to 6.00** AM **Unwind with ITV** (S)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 10-12/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 15-18/25. (S11) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Veteran Jay takes to the water for the first time as a continuous cruiser. (S)(R)(AD)
5.00 **Chateau DIY** At Château Domaine de la Barde, Tim and Krys revamp their orangery. (S)(R)(AD)
6.00 **Four in a Bed** The rivals gather for Payment Day. (S)(R)
6.30 **Come Dine with Me** Award-winning fishmonger Bernadette serves up an Italian-themed menu on the final night in Glasgow. (S)(R)

2.10 Countdown

7 PM

7.00 **News** (S)

8 PM

8.00 **Our Farm Next Door: Amanda, Clive and Kids** The Owens prepare for Clive's 70th birthday, Amanda worries about a premature newborn calf, and the underfloor heating is fired up at Anty John's – much to the kids' delight. (S)(R)(AD)

9 PM

9.00 **Celebrity Gogglebox** New edition 6/7. A cast of famous faces, including Vernon Kay and Paddy McGuinness, Denise Van Outen and Johnny Vaughan, and Bez and Shaun Ryder, offer their thoughts on the week's TV shows. (S)(AD)

10 PM

10.00 **8 Out of 10 Cats Does Countdown** Jimmy Carr hosts the words-and-numbers quiz, as Katherine Parkinson and Rob Brydon take on Babatunde Aléshé and Jon Richardson. Plus, Adam Buxton is in Dictionary Corner. (S)(R)
11.05 **TFI Friday Unplugged** New edition Chris Evans presents chat and music. (S)
12.10 AM FILM **Ghost Rider** Comic-book adventure starring Nicolas Cage. (S) (2006, 12, 110min) ★★★
2.00 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
2.50 **Four in a Bed** (S)(R)
5.05 **Sunday Brunch** (S)(R)
5.20 **to 6.15** AM **Couples Come Dine with Me** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Under Fire:* 11/23. Castle and Beckett search for a murderer-turned-arsonist. (S)(R)
3.55 **Castle** *Deep Cover:* 12/23. The author probes the death of a computer hacker. (S6) (S)(R)
4.50 **Love Nature** A look at the Screech Owl Sanctuary and Animal Park in Cornwall. (S)(R)
5.00 **News** (S)
6.00 **Shetland: Scotland's Wondrous Isles** The residents of the island of Yell gear up for their annual show. (S)(R)
6.55 **News** (S)

8.00 **Tenerife with Jane McDonald**

7.00 **Tour de France** Rebecca Charlton presents action from the seventh stage of this year's race, a 175.1km journey from Hagetmau to Bordeaux. (S)
7.55 **News** (S)

8.00 **Tenerife with Jane McDonald** The singer undertakes an island-hopping adventure across the Canaries to discover the hidden treasures that each destination has to offer, taking in visits to Tenerife and Gran Canaria. (S)(R)

10.00 **1977: When Virginia Wade Won Wimbledon** A look at the British tennis player's triumph as the UK celebrated Elizabeth II's Silver Jubilee. With reflections from Wade herself and Billie Jean King. (S)(R)

11.00 **Piers Morgan: Uncensored** The opinion-led news and debate show. (S)
12.55 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Building the Impossible with Rob Bell** Double bill. (S)(R)
3.45 **Friends** (S2) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S5) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Predators** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **The Simpsons** *Home Away from Homer:* Ned Flanders takes in a pair of lodgers. (S)(R)
5.30 *The Heartbroke Kid:* Bart is sent to fat camp after suffering a heart attack. (S)(R)
6.00 *A Star Is Torn:* Lisa enters a singing competition on *The Krusty the Clown Show.* (S)(R)
6.30 *Thank God It's Doomsday:* A panic-stricken Homer becomes convinced the end of the world is imminent. (S)(R)

8.00 **United States of Birmingham**

7.00 **The Simpsons** *The Father, the Son and the Holy Guest Star:* Bart becomes a Catholic. (S)(R)
7.30 *Elementary School Musical:* Lisa embraces her creative side at a performing arts camp. (S)(R)

8.00 **Joe Lycett's United States of Birmingham** 3/4. Joe's quest continues into the American Midwest, tackling iconic artworks, the world's largest BBQ contest and an underwater ghost town. (S)(R)(AD)

9.00 **FILM Now You See Me** Thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. With Dave Franco, Mélanie Laurent and Michael Caine. (S) (2013, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.10 **Jack Dee: Small World** A stand-up show at the London Palladium, with the comedian musing on meaningless small things of life. (S)(R)
12.40 AM **Grimm** 10/22. An opportunity affords Nick the chance to get closer to his ancestors. (S5) (S)(R)
1.35 **Road Wars** (S)(R)
2.00 **Animal Control** (S)(R)
3.00 **Hawaii Five-0** (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm NEW Tommy Tiernan's Epic West (S)
11.30 NEW SERIES Austin (S)(AD) **11.55** Austin New episode (S) (AD) **12.25am** FILM Harry Brown (S) (2009, 18, 95min) ★★ **2.00-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Best of Weatherman Walking New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.30-8.00pm Our Lives: Ashington AFC: Saving Our Club New edition (S)

ITV1

As main ITV1 except:
WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Richard Holt: Yr Academi Felys **12.30** Heno **1.00** Taclo'r Ty (AD) **1.30** Dan Do **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gerddi Cymru **6.30** Garddio a Mwy **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Cyfres Triathlon Cymru New edition **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France **9.30** Cynefin **10.30-11.35pm** Gwesty Aduniad

TV&Streaming week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.10 **Deadly 60** A search for the UK's largest spider.
7.35 FILM **Marcel the Shell with Shoes On** Animated comedy with the voices of Dean Fleischer Camp, Jenny Slate and Isabella Rossellini. (2021, PG, 90min) ★★★★
9.00 **Ludwig** 3/6. John receives new information about Chief Constable Ziegler. (S1)
10.00 **Amandaland** 1/6. Amanda uses a school careers talk to prove she is not shallow. **10.30** 2/6. Amanda is thrilled when a hipster coffee shop opens in SoHa. **10.55** 3/6. Amanda finds a used condom in a sofa she's disposing of. (S2)
11.25 FILM **Anyone But You** Romantic comedy starring Sydney Sweeney. (2023, 15, 103min) ★★★★
1.05 AM FILM **Absolutely Fabulous: The Movie** Comedy starring Jennifer Saunders and Joanna Lumley. (2016, 15, 91min) ★★★
2.30 **to 3.50** AM **Back to Life**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Hertfordshire.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George meets a couple who do not know what to do with their 17th-century cottage in Worcestershire, and helps transform the ground floor of a Victorian home in Worthing.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help first-time buyers in Manchester.
7.55 **Grand Designs** A couple begin an ambitious project to transform a small, damp bungalow in Cornwall into a cutting-edge home with an extra floor and reinforced walls, all for just £80,000.
9.00 NEW SERIES **The Sommerdahl Murders** 1&2/8. Danish crime drama. Dan and Flemming investigate a shooting at a funfair, where the victim may not have been the intended target. Otto plots to sabotage Josefine's hopes for the future. Subtitled. (S5)
11.00 **24 Hours in A&E**
1.10 AM **999: On the Front Line**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **The Perfect Pitch**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Cricket: Today at the Test** England v India: Action from the opening day's play of the one-off women's Test from Lord's, London.
8.00 **TOTP: 1985** Featuring Tears for Fears, Simply Red, and Fine Young Cannibals.
8.30 **TOTP: 1991** Performances by DJH featuring Stefy, Orchestral Manoeuvres in the Dark and Bros.
9.00 **Words and Music: Cults and Classics** Classic songs stripped back to basics and sung by their original writers.
9.40 **Blondie in Concert** The band's 1979 performance at the Apollo Theatre, Glasgow.
10.20 **Jimmy Webb: In Concert** The American songwriter and performer sings some of his hit compositions.
11.05 **Iggy and the Stooges at Glastonbury** From 2007.
12.05 AM **TOTP: 1985**
12.40 **TOTP: 1991**
1.10 **Blondie in Concert**
1.50 **Jimmy Webb: In Concert**
2.35 **to 3.35** AM **Iggy and the Stooges at Glastonbury**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** Three couples compete in Bognor Regis.
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the US cartoon.
7.00 **The Simpsons** *Bart's New Friend:* Homer is hypnotised. **7.30** *Walking Big & Tall:* Bart and Lisa try to find a new town anthem for Springfield.
8.00 **Below Deck** New edition Fraser worries his dock party vision may not come off, and Kyle comes clean to Jess.
9.00 FILM **The Inbetweeners Movie** Spin-off from the TV comedy series, starring Joe Thomas, Simon Bird, James Buckley and Blake Harrison. (2011, 15, 97min) ★★★★
11.00 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction's Best Naughty Bits**
1.10 **Gogglebox**
2.15 **Below Deck**
3.00 **Abbott Elementary**
3.25 **The Goldbergs**
3.50 **Brooklyn Nine-Nine**
4.40 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 8&9/22. (S8)
2.00 PM **The Rookie** 9/22. Wesley manages to break free of his contract. (S4)
3.00 **Law & Order: Criminal Intent** 19/22. The apparent suicide of a pupil at a prestigious school turns out to be murder. (S7)
4.00 **Nothing to Declare**

9.00 Chicago Fire

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8.00 **The Rookie** *Greenlight:* 16/20. Nolan gets a lesson in respect after arresting a gang member. (S1)

9.00 **Chicago Fire** *In the Blood:* 3/21. Pascal takes matters into his own hands when budget cuts stretch crews thin. (S14)

10.00 **Law & Order: Special Victims Unit** *Let Me Bring Pardon:* 16/22. A doctor discovers his comatose patient is pregnant. (S26)
11.00 **The Rookie** 6/22. The team go treasure hunting. (S4)
12.00 M'T **FBI** 6&7/22. (S8)
2.00 AM **FBI: International** (S2)
3.00 **Law & Order: Criminal Intent** 17/22. (S7)
4.00 **UK Border Force**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Deadwood** 1&2/12. (S2)
10.00 **Homicide: Life on the Street**
12.00 NOON **House of the Dragon**
1.15 PM **Billions** 7&8/12. (S1)
3.25 **House of the Dragon** (S2)
4.40 **Gomorrah** 1/12. Genny turns to the Levante family to help maintain balance in Naples. **5.40** 2/12. Genny finds it impossible to leave his past behind him. Subtitled. (S4)
6.45 **True Detective: Night Country** 3/6. Navarro and Danvers get a tip-off. (S4)

9.00 Prisoner

7.50 **True Detective: Night Country** 4/6. Danvers and Navarro confirm the location of Annie's murder, while the police chief levies a harsh punishment on Leah. (S4)

9.00 **Prisoner** 3/6. Amber and Tibor turn the tables on Nina and hitch a ride to London in the back of a lorry. (S1)

10.00 **The Last of Us** *Long, Long Time:* 3/9. Bill forges an unlikely connection and Joel searches for his stashed provisions. (S1)
11.30 **The Penguin** 7/8. Sofia makes a shocking discovery. **12.35** AM 8/8. Oz's struggle comes to a head. (S1)
1.55 **True Detective: Night Country** 5/6. (S4)
3.10 **Homicide: Life on the Street**
4.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.25 **Georgia and Tommy: Baby Steps**
9.25 **The Only Way Is Essex**
10.25 **The Real Housewives...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **The Real Housewives of Salt Lake City** Reality series.
5.00 **The Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

11.35 American Dad!

7.00 **The Floor USA** New edition Contestants test their knowledge of sandwich ingredients, rappers and sports.

8.00 **The 1% Club** Quiz show hosted by comedian Lee Mack in which the questions are all about logic and common sense.

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.05 **Love Island: The Debrief** New edition Companion show to the reality series.
10.35 **Family Guy** 24/30. Peter writes an erotic novel. (S4)
11.05 **Family Guy** 19/30. Brian has a brush with death. (S4)
11.35 **American Dad!** (S4)
12.35 AM **Bob's Burgers** (S14)
1.30 **Botched: Most Outrageous Rejects** Medical series.
1.55 **Botched**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Red in Tooth and Claw:* DCI Barnaby and DS Winter discover a dead body.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *The Traveller:* The villagers close ranks when travellers pass through the village. Guest stars David Essex.

8.00 Doc Martin

6.55 **Heartbeat** *Child's Play:* Mike suspects a runaway boy is hiding out after a number of strange events occur at an empty house.

8.00 **Doc Martin** *Other People's Children:* 6/8. Martin uncovers a health scare at James's first birthday party.

9.00 **Doc Martin** *Facta Non Verba:* 7/8. An American tourist seeks help from Martin. Guest stars Sigourney Weaver. (S7)

10.00 **Law & Order: UK** *Pride:* 4/8. The father of Ronnie's old boss is accused of murder. (S8)
11.00 **Law & Order: UK** *Customs:* 5/8. The body of an elderly woman is discovered at a well-known suicide spot. (S8)
11.50 **Trial & Retribution** 1/2. A 15-year-old goes missing.
2.00 **to 2.30** AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.00 **Dempsey and Makepeace**
9.05 **Boon**
10.10 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.40 **Boon**
4.50 **The Champions** *A Case of Lemming:* Interpol is hit by a wave of suicides in Italy.
5.50 **Minder** *Aces High and Sometimes Very Low:* A gambler seeks help after being robbed of his winnings.

12.25 Magnum, PI

6.55 **Sharpe** 1/3. Framed by long-time enemy Ducos for stealing Napoleon's treasures, Sharpe is abandoned by his wife Jane, and goes on the run until he can prove his innocence. (S5)

9.00 **Ice Road Truckers: Deadliest Roads** Dave Redmon ends up in a tricky situation after a scrape with a bus.

10.00 **Wrestling: AEW Dynamite** The latest gard-hitting action from the world of AEW.

12.05 AM **Dark Side of the Ring** The love story of Randy Savage and Miss Elizabeth.
1.00 **Minder**
2.00 **Two and a Half Men** (S3)
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Greatest Escape** A family of four judge three sites.
8.00 **Paramedics on Scene** Paramedic Ben treats a Dunoon man who has a blood clot in his lungs.
9.00 **Being Stanley Baxter** A profile of the Glasgow-born actor, comedian and impressionist, who died in December 2025 at the age of 99.
10.00 **Still Game** 6/6. Jack and Victor receive a surprise visitor. (S1)
10.30 **Two Doors Down** 3/6. Alan's brother is getting married, and he is the best man. (S5)
11.00 PM **to 12.00** M'T **NEW TRNSMT** Shereen Cutkelvin presents further highlights of all three days of the festival on Glasgow Green.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 9&10/10. (S2)
10.00 **Two Weeks to Live** (S1)
11.15 **Will & Grace** (S5)
12.15 PM **Avenue 5** (S2)
1.30 **Two Weeks to Live** (S1)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 9&10/10. (S1)
5.00 **Community** (S5)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** (S3)
8.00 **Breeders** 9/10. Jim and Jackie's golden wedding anniversary party is plunged into darkness. **8.30** 10/10. Paul has to make the hardest decision of his life. (S2)
9.00 **Sarah Silverman: Someone You Love** Stand-up comedy show filmed at the Wilbur Theater in Boston.
10.15 **The Office Movers** (S2)
11.30 **Hacks** 9&10/10. (S1)
12.40 AM **Breeders** (S2)
1.40 **Community** (S5)
2.40 **Avenue 5** 4&5/8. (S2)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Nicola Benedetti & Friends** From Ulster Hall.
7.30 **The Joy of Painting**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Guy Garvey: From...**
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Protest songs.
9.00 **The Yardbirds**
10.45 **The Rolling Stones: Live at the Marquee**
11.40 **The Doors Live at the Hollywood Bowl '68**
1.10 AM **The Who: Live in Texas** From 1975.
3.25 **Discovering**
3.50 **Voices of Ireland**
5.05 **to 6.00** AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 6/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Reunion:* 7/26. Sci-fi. (S4)
8.00 **Police 24/7** Police investigate a late-night picnic gone wrong.
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S5)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill,
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **Ridiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** Two brothers from Hampshire, two friends from Scotland and workmates from Huddersfield compete. **7.00** Duos from North Wales, Liverpool and Solihull take part. **8.00** A father and son from Runcorn, sisters from Leicester and two friends from Basildon take part in the quiz.
9.00 **Who Wants to Be a Millionaire?** Quiz hosted by Jeremy Clarkson.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Dover 24/7: Britain's Busiest Port**
8.00 **George Clarke's Remarkable Renovations** The restoration of a former glassworks in Brighton.
9.00 **24 Hours in A&E** An 11-year-old is rushed in after being hit by a car. **10.00** A 38-year-old man comes off his motorbike at high speed.
11.05 **Celebrity Gogglebox**
1.05 AM **24 Hours in Police Custody: The Home County Cartel**
2.05 **Night Coppers**
3.05 **The Great Celebrity Bake Off for SU2C**
4.05 **to 5.00** AM **Bake Off: The Professionals**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 9&10/13. (S1)
4.00 **Stargate SG-1** 5/22. (S7)
5.00 **Star Trek: Voyager** 25/26. The crew members try to block a deadly weapon. (S5)
6.00 **Star Trek: Enterprise** 22/26. The crew meet a race called the Vissians who appear friendly – until Trip's curiosity gets the better of him. (S2)

6.00 Star Trek: Enterprise

7.00 **Stargate Atlantis** *McKay and Mrs Miller:* 8/20. The team members work on a dangerous top-secret project. (S3)
8.00 **Stargate SG-1** *Revisions:* 5/22. The team puzzle over the mysterious disappearance of people from P3X-289. (S7)
9.00 **From** *What a Long Strange Trip It's Been:* 5/10. Boyd and Jade set off on a desperate search for answers. (S4)
10.00 **Grimm** *Lost Boys:* 3/22. Rosalee is taken by a band of orphaned children who want a mother figure in their lives. (S5)
11.00 **The Walking Dead** 9/16. Alexandria's walls have been breached, leaving Rick and his group to fight off the invading undead. (S6)
12.00 M'T **Warehouse 13** 9&10/13. Double bill of episodes. (S1)
2.00 AM **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 20/24. (S4)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
4.00 **The Mentalist** 20/24. (S4)
5.00 **Hudson & Rex** 13/20. Charlie's aunt and her friends are caught investigating an investment fraud scheme. (S5)
6.00 **Father Brown** *The Truth in the Wine:* A dead body is discovered in a vineyard.

2.00 Murdoch Mysteries

7.00 **Unforgettable** *DOA:* 13/13. An assassin slips Carrie a potentially fatal dose of poison that affects her memory. (S3)
8.00 **Death in Paradise** *Pilot of the Airwaves:* 1/9. A TV news presenter is found dead and suspicion falls on her co-host. (S10)
9.00 **Death in Paradise** *The Blood Red Sea:* 7/8. A treasure hunter is found dead after making a valuable discovery. (S5)
10.00 **Father Brown** *The River Corrupted:* Sid returns to Kembleford to ask his old family to help save his new one.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Death in Paradise** (S10)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** 1/13. The detective goes on the run to the Yukon territory. (S5)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
8.55 **The Green Green Grass**
9.35 **Are You Being Served?**
10.15 **Last of the Summer Wine**
11.35 **Red Dwarf**
12.50 PM **Keeping Up Appearances**
1.30 **Dad's Army**
2.10 **Open All Hours**
2.50 **The Green Green Grass**
3.30 **Are You Being Served?**
4.10 **Dad's Army**
4.50 **Keeping Up Appearances**
5.30 **Last of the Summer Wine**
6.50 **Red Dwarf**

7.25 Red Dwarf

7.25 **Red Dwarf** Kryten learns his expiry date is less than 24 hours away, prompting Lister and Rimmer to put on an unforgettable party.
8.00 **Dad's Army** Mainwaring's platoon try to capture a German aircraft crew.
8.40 **Keeping Up Appearances** Daddy dresses as a spaceman and goes on the rampage.
9.20 **Not Going Out** Lee gets invited to a party being thrown by Toby and Anna.
10.00 **Red Dwarf** Rimmer tries to be transferred to a ship crewed by holograms. **10.35** The Inquisitor arrives aboard *Red Dwarf.*
11.15 **Bottom** Eddie and Richie face a gang of looters.
11.55 **Not Going Out** As 9.20pm.
12.35 AM **Men Behaving Badly**
1.05 **Bottom Live: The Big Number 2 Tour** Stage show of the comedy series from 1995.
3.15 **to 4.00** AM **Bottom**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Robson Green's Weekend Escapes**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Road to Mexico**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **The Lakes with Simon Reeve**
4.00 **The Hairy Bikers' Bakeation**
5.00 **Rick Stein's Road to Mexico** Rick retraces his steps from northern California to Mexico. **6.00** The seafood chef travels through LA and into San Diego.

9.00 QI XL

7.00 **Mortimer & Whitehouse: Gone Fishing** A lake deep in the Surrey Hills.
7.40 **Would I Lie to You?** With Charlene White, Will Mellor, Sam Campbell and Kimberley Walsh. **8.20** With Charles Dance, Stephen Mangan, Isy Suttie and Gok Wan.
9.00 **QI XL** Guests Rhod Gilbert, Lara Ricote and Ahir Shah join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got a Bit More News for You** Steph McGovern hosts, with Jamie MacDonald and Professor Hannah Fry.
11.00 **8 Out of 10 Cats Best Bits** With Kiri Pritchard-McLean.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Have I Got a Bit More News for You** As shown at 10.00pm.
3.00 **to 4.00** AM **8 Out of 10 Cats Best Bits**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.30 **Doctors**
9.50 **Classic Holby City**
11.05 **Casualty**
12.05 PM **The Bill**
1.05 **Classic EastEnders**
2.20 **Tenko**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Truly is intrigued by a bottle with a message inside. **6.40** The arrival of Clegg's cousin causes problems.

10.00 New Tricks

7.20 **Last of the Summer Wine** Auntie Wainwright puts some lightweight scaffolding up for sale, giving Truly an idea.
8.00 **Father Brown** *The Menace of Mephistopheles:* Goodfellow witnesses Mallory frame an innocent man for murder.
9.00 **Father Brown** *The Viper's Tongue:* Mrs McCarthy's life is threatened by a mysterious avenging angel.
10.00 **New Tricks** *Prodigal Sons:* With Sasha back on fighting form, the team investigate the death of a talented cricket prodigy.
11.15 **Silent Witness** *Fraternity:* A schoolgirl's murder forces Jack to confront his troubled past. Guest stars Haydn Gwynne and Ashley Walters.
1.30 AM **Lovejoy**
2.40 **Waiting for God**
3.10 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 9-11/21. (S19)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Leave No Trace:* 4/22. Agent Knight's past resurfaces when her ex-boyfriend teams up with NCIS. **7.00** *Guardian:* 5/22. Agent Parker steps up to protect Director Vance. **8.00** *The Good Fighter:* 6/22. The team realise they have a possible mole in the ranks. (S20)
9.00 **Beauty and the Beast** *Trust No One:* 13/22. Vincent and Cat must decide whether they can actually trust Alex. **10.00** *Tough Love:* 14/22. Heather tries to keep Cat away from Vincent. (S1)
11.00 **Law & Order: Special Victims Unit** Four episodes. (S13&12)
2.45 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Doctors treat a man who has fallen from a ladder.
9.00 **999: Critical Condition** A woman fights for her life after a stab wound to the abdomen.
10.00 **A&E After Dark**
11.00 **Trauma Room One**
12.00 M'T **Skin A&E**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Scam City** Bangkok.
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
10.00 **Gunsmoke** (S12)
11.05 **FILM** **Rio Bravo** Classic western. (1959, PG, 140min) ★★★★★
2.00 PM **FILM** **The Train Robbers** Western. (1973, U, 92min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors** Officers pursue a suspected drug dealer.
10.00 **Cops** New editions Suspects wanted for diesel fuel thefts are caught at the pumps. **10.30** Open containers are found in a car.
11.00 **The X-Files** 18/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
2.00 **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build**
8.00 **Pete Wicks: For Dogs' Sake** Pete immerses himself in the emotional world of dog care at Basildon's Dogs Trust rehoming centre. **9.00** Pete meets a litter of pups who were found abandoned in a crisp box. **10.00** A puppy needs urgent treatment for a badly broken leg.
11.00 **Gavin & Stacey**
1.00 AM **Amanda & Alan's Italian Job**
1.45 **Who Killed Jenni Rivera?** Documentary.
2.35 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Battle Honours**
11.00 **The Great War in Numbers** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Battle Honours**
5.00 **The Great War in Numbers** Documentary.
6.00 **Antiques Roadshow**
7.00 **Frozen Planet II**
8.00 **Canal Boat Diaries** Four editions, including at: **9.00** Robbie is invited to join a night-time illuminated boat parade. **9.30** Robbie faces a challenging journey as he runs aground and breaks down in Nottingham.
10.00 **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Rare books.
8.00 **Antiques Road Trip** Charles Hanson and Raj Bisram seek finds in Dorset and Somerset.
9.00 **Rock the Block** Series finale Jonathan and Drew Scott assess the finished homes and crown the winner.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

FRIDAY Entertainment

Friday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S3)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 1/25. (S1)
1.00 PM **The Waltons** (S4)
4.00 **Little House on the Prairie** 1&2/25. (S1)
6.00 **Ballykissangel** (S6)
7.00 **M*A*S*H** 1/26. Hawkeye takes command. **7.30** 2/26. Hawkeye tries to speed up peace talks. **8.00** 3/26. Potter's new friendship causes friction. **8.30** 4/26. Part one of two. A reporter interviews leading figures of the 4077th. (S7)
9.00 FILM **The Jewel of the Nile** Adventure sequel to *Romancing the Stone*. (1985, PG) ★★★★
11.20 **M*A*S*H** 1–4/26. (S7)
1.20 AM **Rising Damp** (S3)
2.00 **Air Rescue**
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM FILM **Hangman's Knot** Western. (1953, PG, 81min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM FILM **Gung Ho!** Action drama. (1943, b/w, PG, 88min) ★★★
4.05 FILM **The Hatton Garden Job** Fact-based crime drama. (2017, 15, 93min) ★★★
6.00 FILM **Mercenary for Justice** Action thriller. (2006, 18, 91min) ★★
8.00 FILM **Bandidas** Western. (2006, 12, 92min) ★★
10.00 FILM **2 Guns** Thriller. (2013, 15, 104min) ★★★
12.20 AM FILM **Trigger Point** Thriller. (2021, 12) ★★
2.10 **Dragon Ball Super**
3.10 **Coast Guard Alaska**
4.00 FILM **Super Collider** Thriller. (2013, PG) ★★
5.25 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Aurora Teagarden Mysteries: Haunted By Murder** Thriller. (2022, U) ★★
10.10 FILM **Haunted Harmony Mysteries: Murder in G Major** Crime drama. (2023, PG) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 22/24. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 23/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** 2/13. (S3)
10.00 FILM **Ruby Herring Mysteries: Her Last Breath** Crime drama. (2019, PG, 84min) ★★
11.55 FILM **Ruby Herring Mysteries: Prediction Murder** Crime drama. (2020, PG, 89min) ★★
1.50 AM FILM **What the Nanny Saw** (2022) ★★
3.25 **to 5.00** AM FILM **Au Pair Nightmare** (2020) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.00 AM FILM **A Winter Getaway** Comedy. (2021, PG, 84min) ★★
10.05 FILM **Picture Perfect Romance** Drama. (2022, U, 89min) ★★
12.05 PM FILM **Cabin Connection** Drama. (2022, PG, 89min) ★★
2.00 FILM **Caribbean Summer** Comedy. (2022, PG, 84min) ★★
3.55 FILM **When Love Springs** Comedy. (2023, PG, 84min) ★★
5.50 FILM **Her Pen Pal** Romantic drama. (2021, PG, 90min) ★★
7.40 FILM **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
9.35 FILM **Bottled with Love** Drama. (2019, PG) ★★
11.35 FILM **A Brush with Love** Drama. (2019, PG) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Caribbean Summer**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Love Your Garden**
2.00 **Alan Cumming's Edge of Scotland**
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Love Your Garden**
7.00 **Garden Rescue** Charlie Dimmock and Flo Headlam create a garden with a forest feel. **8.00** Chris Hull and Charlie Dimmock work to transform a garden in Harpenden.
9.00 FILM **Girls Come First** Comedy with John Hamill. (1975, 18, 43min) ★★
10.00 FILM **Groupie Girl** Drama. (1970, 18) ★★
12.00 M'T FILM **Escort Girls** Drama. (1974, 18) ★★
2.00 AM **This Farming Life**
3.15 **Robson Green's Weekend Escapes**
4.00 **to 5.00** AM **Garden Rescue**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor at Large** (S1)
10.30 **Mother's Ruin** 1/6. (S1)
11.00 **The Fenn Street Gang**
11.30 **Frankie's On** 1/4. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 3/6. (S1)
1.30 **The Gaffer** 6/7. (S2)
2.00 **Second Thoughts** (S1)
2.30 **The Fenn Street Gang**
3.00 **Hank the Cowboy**
3.15 **We Had One of Those**
3.25 **Boon** 12/13. (S4)
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Gaffer** 6/7. (S2)
6.30 **Only When I Laugh**
7.00 **Mother's Ruin** 1/6. (S1)
7.30 **Doctor at Large** (S1)
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **Virgin Witch** Horror. (1972, 18, 85min) ★★
11.45 FILM **Sex with the Stars** Adult comedy. (1980, 18, 90min) ★
1.35 AM **Stereo Underground**
2.35 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown** Documentary.
2.00 **Expedition Unknown: Megalodon**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Linda gets too close to danger. **8.00** Sean Dwyer joins Jake for a high-risk trek west to Adak Island.
9.00 **Helicopter ER** Air ambulances come to the aid of pensioners.
10.00 **Animal Cops Philadelphia**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Sophie Grigson: Slice of Italy**
7.00 **The Hairy Bikers' Northern Exposure**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Brittany** Four editions.
3.00 **The Hairy Bikers' Northern Exposure**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **The Hairy Bikers' Mediterranean Adventure** The culinary delights of Sardinia.
10.00 **Nadiya Bakes**
11.15 **Diners, Drive-Ins and Dives** Four editions.
1.15 AM **Mystery Diners**
2.15 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 13/28. (S1)
9.00 **T.J. Hooker** 8/19. (S5)
10.00 **Babylon 5** 1/22. (S2)
11.00 FILM **End of the World** Disaster thriller. (2018, PG, 88min) ★★
1.00 PM FILM **True Grit: A Further Adventure** Adventure. (1978, PG, 104min) ★★
3.00 FILM **Dakota Incident** Western. (1956, PG) ★★
5.00 **Star Trek** 15/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 2/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Below** Horror. (2002, 15, 101min) ★★★
11.10 FILM **Rise of the Footsoldier: Marbella** Action comedy. (2019, 18, 85min) ★
1.00 AM FILM **London Heist** Gangster thriller. (2016, 15, 95min) ★★
2.50 **to 4.45** AM FILM **Black Eagle** Martial arts spy thriller. (1988, 15) ★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Shark Lake** Horror action thriller. (2015, 15, 89min) ★★
11.00 **Andromeda** 16/22. (S3)
12.00 NOON FILM **Martian Land** Sci-fi drama. (2015, PG, 90min) ★
2.00 PM FILM **Flight World War II** Sci-fi thriller. (2015, 12, 85min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Doomwatch** Ecological chiller starring Ian Bannen. (1972, 12, 92min) ★★★
7.00 **Andromeda** 17/22. (S3)
8.00 **The A-Team** 12/23. (S2)
9.00 FILM **Survivor** Thriller starring Milla Jovovich. (2015, 12, 96min) ★★
11.00 FILM **Lionheart** Martial arts action drama. (1991, 18, 108min) ★★
1.10 AM FILM **Survivor** As shown at 9.00pm.
3.10 FILM **Doomwatch** As shown at 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.45 **Pawn Stars**
7.30 **Full Custom Garage**
8.25 **Junk & Disorderly**
9.20 **Storage Wars Canada**
1.05 PM **Pawn Stars**
2.05 **Junk & Disorderly**
3.05 **Full Custom Garage**
4.05 **Ancient Aliens**
5.00 **UFO Encounters UK**
6.00 **Storage Wars Canada**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **History's Most Shocking** Footage of real-life events, including an exploding whale.
10.00 **Weird Britain**
11.00 **The UnXplained with William Shatner**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **UFO Encounters UK**
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Isle of Erraid.
12.00 NOON **All Creatures Great and Small** (S2)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Coastal Adventures with Helen, Jules & JB**
6.00 **Britain's Great Cathedrals: To the Glory of God**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Taggart** *Berserker:* Jardine and Reid investigate when a bodybuilding drug proves deadly.
11.45 **Ellis** 2/4. (S2)
12.45 AM **Marilyn at 100: The Movie Star Who Changed the World**
2.15 **Secrets of the Royal Palaces** Holyrood House.
3.10 **to 4.00** AM **Coastal Adventures with Helen, Jules & JB**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Olympic Special** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase Celebrity Special** Quiz show.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Who Wants to Be a Millionaire? Valentine's Special – Part One**
1.00 AM **The Chase** Quiz.
2.00 **The Celebrity Chase**
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon** (S5)
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon** (S5)
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.30** 14/24. Sheldon learns of a machine that will help him understand human emotions. (S10)
9.00 **90 Day Fiancé** New edition Rasit offends Mallorie's ex-fling Brandon, Edward learns Marissa's strict house rules and meets her ex, while Debby and Mido struggle to make amends.
11.00 **Dr Pimple Popper**
12.00 M'T **Mike & Molly** (S1)
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Everybody Loves Raymond** 13–16/22. (S1)
11.00 **The Upper Hand**
1.00 PM **Friends** (S3&4)
7.30 **Friends** 13/24. Rachel develops a crush. **8.00** 14/24. Rachel asks Ross for a favour. **8.30** 15/24. Chandler's ex turns up. (S4)
9.00 **Alan Carr Live: Spexy Beast** Stand-up.
10.00 **David O'Doherty: Comedy Central Live**
10.30 **Ardal O'Hanlon: Comedy Central Live**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
1.40 AM **Teachers** 19/20. (S3)
2.10 **Utopia** 7/8. (S5)
2.45 **Reno 911!** 3/16. (S5)
3.10 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 9&10/22. (S1)
6.50 **Modern Horror Stories**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** With Sting.
11.00 **Friends** (S2)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 11–14/22. (S1)
7.00 **Michael McIntyre's Big Show** With Sting.
8.00 **The Upper Hand** (S2)
9.00 **Friends** Eight episodes.
1.00 AM **Lee Evans: Live in Scotland**
2.30 **Michael McIntyre's Big Show** With Sting.
3.20 **Sofie Hagen: Comedy Central Live**
3.45 **New Girl** (S5&6)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 12/14. (S5)
10.50 **Steptoe and Son** (S7)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S3)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 5/15. Sitcom. (S3)
2.40 **Minder** 13/13. (S2)
3.45 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 12/14. (S5)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 3/7. (S3)
6.45 **Steptoe and Son** (S7)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 6/13. (S9)
9.00 **Benidorm** 6/7. (S4)
9.55 **Shameless** 1/8. (S4)
11.00 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 6/7. (S4)
12.55 AM **Minder** 2/13. (S3)
2.00 **Duty Free** 2/7. (S1)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Firsts**
2.00 **Catfish: The TV Show**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Catfish UK**
8.00 **Judge Judy**
9.00 **MTV Unplugged** Sheryl Crow performs at the Brooklyn Academy of Music in New York.
10.00 **Tattoo Fixers** The team help a man whose Kurt Cobain portrait looks more like Jesus.
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Buying Alaska**
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made** Four editions of the series, including at: **4.30** Including honey, fibre optics and bricks.
5.00 **Alaska: Homestead Rescue** A family struggle on their move to the wilderness of Michigan. **6.00** The Raneys return to Alaska, but they find their homestead in total disrepair.

10.00 Mystery at Blind Frog...

7.00 **Shorty's Dream Shop** 2/2. The work continues to try and get the Volkswagen delivery bus across the finish line.
8.00 **Gold Rush: Mine Rescue with Freddy & Juan** When a personal crisis hits, Juan must pull off a masterclass in jig upgrades.
9.00 **Expedition Files** New edition Josh Gates investigates Dracula, mind control and Spartacus.
10.00 **Mystery at Blind Frog Ranch** New edition The team discover a collapsed mine entrance.
11.00 **Deadliest Catch** With half the crab boats tied up, Sig devises a plan to save the fishery from destruction.
1.00 AM **Expedition Files** As 9pm.
2.00 **Mystery at Blind Frog Ranch**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy helps two felines. **4.00** Feline Einstein experiences mood swings.
5.00 **Lone Star Law** A shrimp boat makes a run for it.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a skittish Savannah cat with an unusual condition.

10.00 Alaskan Bush People

7.00 **Treehouse Masters** Pete is on a treehouse holiday to the pine forest glory of Scandinavia.
8.00 **Intruders** A predator targets a family's beloved pets and a woman is hit by a series of horrifying animal invasions.
9.00 **Alaska: The Last Frontier** Otto and his son Eivin bond over a hunt for ptarmigan that nearly ends in disaster.
10.00 **Alaskan Bush People: Book of Ami** Ami Brown shares her memories of living in the wild.
11.00 **The Haunted** A woman and her daughter see a ghostly man in military uniform.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering Europe**
11.00 **Car S.O.S** A Ford Poplar.
12.00 NOON **Seconds from Disaster**
1.00 PM **Air Crash Investigation**
2.00 **Apocalypse: Hitler Takes on the East** Double bill.
4.00 **Strangest Things**
5.00 **D-Day Revealed: Drain the Oceans** The wreckage of ships sunk on D-Day.
6.00 **World War II: Secrets from Above** In 1940, 400,000 Allied troops are surrounded by Hitler's army at Dunkirk.

6.00 WWII: Secrets from Above

7.00 **Air Crash Investigation** The investigation into South Korea's worst ever air disaster throws up a contradiction of events.
8.00 **World War II: The Apocalypse** Footage of the landings on the island of Saipan and D-Day in Normandy.
9.00 **World War II: The Apocalypse** Footage from the end of World War Two, including the final stages of fighting.
10.00 **Mega Marine Machines** Wind-powered machines in southern France.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Car S.O.S** A 1978 MG.
2.55 **To Catch a Smuggler**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Pawn Stars** Four editions.
10.10 **Storage Wars** Four editions.
12.00 NOON **History's Greatest Aircraft** The Yakovlev Yak-3.
1.00 PM **Ancient Aliens**
2.00 **Salvage Kings** The team salvage a farmhouse built by settlers who fled the American Revolution.
3.00 **Hardcore Pawn** Six editions.
6.00 **American Pickers** Mike and Jersey explore an eclectic collection of items in Kentucky.

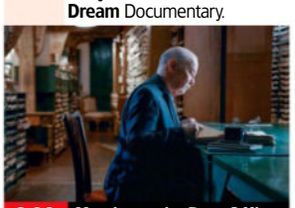
10.00 Ancient Aliens

7.00 **Forged in Fire** A former champion fashions an intricate Vaquero Machete as they hope to beat the judges.
8.00 **Secrets of Great British Castles** Exploring the history of York Castle, built on the orders of William the Conqueror.
9.00 **The Witches of Salem** The hysteria that unfolded during the Salem witch trials.
10.00 **Ancient Aliens** New edition Presenter Giorgio Tsoukalos explores mysterious monuments worldwide.
11.00 **Ancient Aliens** Reported encounters with enormous, human-like beings. **12.00** M'T How smartphones and social media have aided the availability of evidence.
12.55 AM **Hardcore Pawn** Six editions of the documentary.
3.40 **Ancient Aliens** As 10.00pm.
4.25 **American Pickers**
5.10 **to 6.00** AM **Pawn Stars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Eighties**
7.00 **Discovering: Morgan Freeman**
8.00 **The Directors**
9.00 **The Movies**
10.00 **Janet Jackson**
11.00 **Escobar by Escobar**
12.00 NOON **Pantani: The Accidental Death of a Cyclist**
2.00 PM **FILM Busby** The life and career of Matt Busby. (2019, PG, 102min) ★★★
4.00 **The Directors**
5.00 **Discovering: Morgan Freeman**
6.00 **Terry Venables: A Man Can Dream** Documentary.



8.00 Murder at the Post Office

Terry Venables: A Man Can Dream (started at 6.00pm) — 7 PM
8.00 **Murder at the Post Office** 1/3. The story of the murder of North Yorkshire postmistress Diana Garbutt in 2010. — 8 PM
9.00 **Murder at the Post Office** 2/3. At trial, the prosecution alleges Robin Garbutt was stealing from the Post Office. — 9 PM
10.00 **Murder at the Post Office** 3/3. Robin Garbutt is sentenced to 20 years in prison, but vital evidence is missing. — 10 PM
11.00 **FILM Bobby** Documentary celebrating Bobby Moore. (2016, PG, 95min) ★★★★
1.00 AM **Brazil 2002** Following the Brazilian national team through the 2002 World Cup.
2.45 **The United Way** The story of Manchester United FC.
4.30 **PL Legends: Paul Ince**
5.00 **to 6.00** AM **Discovering: Emma Thompson**

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Crystal Hunters** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House**
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House**
9.00 **The Repair Shop** Items include a special sporran. **10.00** Restoring a trusty yet rusty tricycle.
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **People Magazine Investigates: Surviving A Serial Killer** New edition
10.00 **People Magazine Presents: Crimes of the 2000s** New edition
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of nurse Marie Whiston, who claimed that her husband died naturally.
8.00 **UK Crime Files: Murder of Innocents** The murder of almost all of the Taufiq family.
9.00 **UK Crime Files: Eastbourne's Dr Death** Geoffrey Wansell revisits the case of Eastbourne GP John Bodkin Adams.
10.00 **Murder by the Sea** The crimes of Jason Mitchell.
11.00 **New Scotland Yard Files** Cathy Marlow.
12.00 M'T **UK Crime Files: Murder of Innocents**
1.00 AM **UK Crime Files: Eastbourne's Dr Death**
2.00 **Murder by the Sea**
3.00 **Murder UK**
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Tracking a Serial Killer**
9.55 **UK Crime Files: The Cliff Top Killer**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: A Random Murder**
3.00 **UK Crime Files: Murder of Rachel Manning**
4.00 **Secrets of a Murder Detective** Documentary.
5.00 **Medical Detectives** Shoe impressions found at the scene of a crime. **5.30** A chef is killed, leaving a trail of debt. **6.00** Investigators try to find an arsonist. **6.30** Detectives look into a woman's death that looks like suicide.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My Village** Carl Cooper.
1.00 PM **Murder Uncut**
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **The Real CSI: Miami**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil...**
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Britain's Most Evil Killers**
4.00 **A1: Britain's Longest...**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Sicily: The Conquered Isle**
9.35 **WWII in Colour: Road to Victory**
10.40 NEW **Women of World War II: More Untold Stories** Documentary.
11.55 **The War** Documentary.
1.00 PM **Sicily: The Conquered Isle**
2.20 **WWII in Colour: Road to Victory**
3.30 **Women of World War II: More Untold Stories**
4.45 **The War** Documentary.
5.55 **Sicily: The Conquered Isle** Documentary.
7.15 **WWII in Colour: Road to Victory**
8.15 **Women of World War II: More Untold Stories**
9.35 **The War** Documentary.
10.40 **WWII in Colour: Road to Victory**
12.00 M'T **Women of World War II: More Untold Stories** Documentary.
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

FRIDAY

Friday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Colombia's Wild Coast**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Colombia's Wild Coast**
6.00 **Predators**
7.00 **Monkey Life** Double bill.
8.00 **Malawi Wildlife Rescue** Amanda goes to the rescue of an ensnared waterbuck.
9.00 **Wildlife ER** Vet Claire cares for sick koala joeys.
10.00 **Predators** Following a wild dog pack in Zimbabwe.
11.00 **Colombia's Wild Coast**
12.00 M'T **Wild Rockies**
1.00 AM **Hope for Wildlife**
2.00 **Malawi Wildlife Rescue**
3.00 **Wildlife ER** As 9.00pm.
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Ships**
10.00 **Hitler's British Island**
11.00 **Ancient Aliens**
1.00 PM **Colosseum**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** The 1961 Betty and Barney Hill alien abduction case in Lincoln, New Hampshire.
8.00 **Hell on Earth: WWII** Documentary examining how the attack on Pearl Harbor saw the Japanese armies celebrate their victory, only to have their confidence shaken by the Battle of the Coral Sea.
9.00 **Alien Corridors** Unexplained sightings in a desolate land known as the Pine Barrens.
10.00 **Evidence of the Unexplained** A look at UFO sightings, terrifying abductions and other bizarre occurrences.
11.00 **Ancient Aliens**
1.00 AM **UFO Hunters**
2.00 **Combat Trains**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **The Dino Hunters**
1.00 PM **Truth Behind the Moon Landing** Double bill.
3.00 **NASA's Unexplained Files**
4.00 **Killers of the Cosmos**
6.00 **How Do They Do It?**
9.00 **Mummies Unwrapped** Ramy Romany investigates whether King Tutankhamun's mummified remains were burnt from a change in the mummification process.
10.00 Ramy examines well-preserved bodies from more than 2,000 years ago to investigate whether they were victims of human sacrifice.
11.00 **Cooper's Treasure** With just eight weeks of funds left, Darrell Miklos searches for another shipwreck.
12.00 M'T A letter in Gordon's files details a 16th-century wreck linked to Sir Francis Drake.
1.00 AM **NASA's Unexplained Files**
2.00 **Killers of the Cosmos**
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Nightmare in Suburbia**
2.00 PM **Green Eyed Killers**
3.00 **Witness to Murder: Digital Evidence** Triple bill of editions.
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers**
9.00 **K9 PD with Jim Belushi** New editions A police dog charges at an armed suspect.
9.30 Police dogs finds a missing person, take down a fugitive and stop a suspect
10.00 **My Strange Arrest** A bride is arrested for drink-driving.
10.30 **Court Cam**
11.00 **Crime in Progress**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **America's Wild Heartlands**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo**
1.00 PM **Snakes in the City**
2.00 **Big Cat Odyssey**
3.00 **Shark Men**
4.00 **Born in Africa**
5.00 **The Incredible Dr Pol**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** The cheetah repopulation program starts to take effect.
8.00 **Kalahari: Africa's Underground Desert** The cleverest creatures in the Kalahari desert.
9.00 **Africa's River Titans** The largest animals living alongside Africa's rivers.
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Alaska Animal Rescue**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Swamp Men**

Discovery History

161/172 147 181

7.00 AM **Attack and Capture: The Story of U-Boat 505**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** A look at the Rosetta mission.
8.00 **Attack and Capture: The Story of U-Boat 505** The story of the only German submarine captured by the US Navy during World War Two.
9.00 **Legendary Locations** Presenter Josh Gates explores six awe-inspiring areas.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Russia with Simon Reeve**
12.00 NOON **Operation Arctic**
1.00 PM **Russia with Simon Reeve**
4.00 **Operation Arctic**
5.00 **Bread** 4/6. A exploitative photographer suggests Aveline should pose topless – but soon regrets his suggestion.
5.40 5/6. Freddie's sea-faring brother dies, so the Boswells decide it would be fitting to arrange a burial at sea.
6.20 6/6. Aveline bares all for the front cover of a magazine, while a card game leaves Freddie £500 in debt. (S1)
6.55 1/11. Shifty slinks back home to Grandad's. As Billy's ex-wife moves away, Leonora moves in to her old house.
7.35 2/11. Nellie ensures Aveline and her first granddaughter are brought home in style.
8.15 3/11. Lilo Lill has some sad news for Freddie, and Shifty gets a job as a bus driver. (S7)
8.55 **Bread**
12.05 **to 6.00** AM **Bread**

+1hour 266 376

ID

154 140 166

8.00 AM **Faking It: Tears of a Crime**
12.00 NOON **Where Murder Lies**
1.00 PM **American Monster**
3.00 **Evil Lives Here**
7.00 **Still a Mystery** The families of two deceased mothers search for answers. Racheyl Brinson's husband says she fell to her death, while Jessica Alva allegedly hung herself.
8.00 Cases include a Georgia high-school senior's strangled body found in flames, sparking a long quest for justice.
9.00 **The Real Murders on Elm Street** A case in which three friends went for a haircut, only to find their barber dead and dusted in white powder.
10.00 **Spooked Scotland** The team uncover aggressive paranormal activity at Stirling Old Town Jail, known as one of the most haunted places in Scotland.
11.00 **Portals to Hell**
1.00 AM **Kindred Spirits**
2.00 **Evil Lives Here**
4.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Hand Built Hot Rods**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** New edition The guys replace the rear wheels of three cheap cars with metal skids.
9.00 **Outback Truckers**
10.00 **British Superbikes** Highlights of round four from Snetterton.
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Workshop** An urgent search for new staff is scuppered.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.25 AM **PREMIERE Wicked: For...**
9.50 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
11.30 **Bugonia** As 8.30pm.
1.40 PM **Grand Prix of Europe** Animation. (2025, U, 98min)
3.20 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
6.00 **PREMIERE Wicked: For Good** Musical fantasy sequel. (2025, PG, 137min) ★★★ *See review, page 20.*

6.00 Wicked: For Good

8.30 Bugonia Offbeat comedy thriller starring Emma Stone, Jesse Plemons and Aidan Delbis. Two conspiracy-obsessed men kidnap the high-powered CEO of a company, convinced she is an alien intent on destroying Earth. (2025, 15, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 Lee Cronin's The Mummy Horror starring Natalie Grace and Jack Reynor. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Black Phone 2** Thriller sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
2.50 **No Ordinary Heist** Fact-based thriller starring Eddie Marsan. (2026, 15, 99min) ★★★
4.35 **to 6.15** AM **LifeHack** Heist thriller. (2025, 15, 97min)

Sky Cinema Beverly Hills

303 303 403 503 517

6.10 AM **Beverly Hills Cop** (1984)
8.10 **Beverly Hills Cop II** (1987)
10.05 **Beverly Hills Cop 3** (1994)
12.05 PM **Beverly Hills Cop** (1984)
2.05 **Beverly Hills Cop II** (1987)
4.00 **Beverly Hills Cop 3** (1994)
6.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold. (1984, 15, 105min) ★★★★

6.00 Beverly Hills Cop

8.00 Beverly Hills Cop II Comedy thriller sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Brigitte Nielsen. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Beverly Hills Cop 3 Comedy thriller sequel starring Eddie Murphy and Judge Reinhold. Street-smart Detroit cop Axel Foley traces a cop killer to his old Beverly Hills stamping ground, where he discovers that LA's Wonder World theme park is being used as a front for criminal activities. (1994, 15, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Beverly Hills Cop** (1984)
1.25 AM **Beverly Hills Cop II**
3.10 **Beverly Hills Cop 3** (1994)
5.00 **to 6.50** AM **Beverly Hills Cop** As shown at 6.00pm.

Sky Cinema Drama

310 310 410 510 524

6.00 AM **I Used to Be Funny** Comedy drama. (2023, 15, 105min) ★★★
7.55 **Wish You Were Here** (2025)
9.40 **Chalet Girl** Romantic comedy. (2011, 12, 97min) ★★★
11.20 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
1.30 PM **The Post** Fact-based drama. (2017, 12, 113min) ★★★★
3.30 **Escape to Victory** Wartime drama. (1981, PG, 111 min) ★★★
5.30 **Cast Away** Survival drama with Tom Hanks and Helen Hunt. (2000, 12, 143min) ★★★★
8.00 **On Swift Horses** Drama with Daisy Edgar-Jones, Jacob Elordi and Will Poulter. A married couple's promising new life is scuppered by the husband's brother. (2024, 15, 119min) ★★★
10.00 **Pillion** Dark comedy with Harry Melling and Alexander Skarsgård. (2025, 18, 107min) ★★★
11.50 **Wish You Were Here** Drama. (2025, 12, 99min) ★★★
1.40 AM **The Luckiest Man in America** Fact-based drama. (2024, 15, 90min) ★★★★
3.20 **...And Justice for All** Satirical black comedy starring Al Pacino. (1979, 15, 119min) ★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

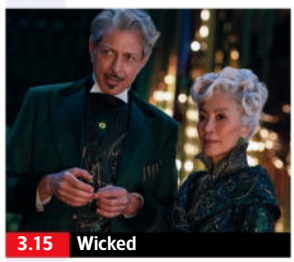
6.00 AM **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
7.40 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
9.55 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
12.50 PM **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
2.25 **Zombieland: Double Tap** Horror comedy sequel. (2019, 15, 99min) ★★★
4.10 **28 Years Later** Horror sequel. (2025, 15, 115min) ★★★★
6.10 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
8.00 **It** Adaptation of the Stephen King chiller, starring Jaeden Lieberher and Bill Skarsgård. (2017, 15, 135min) ★★★★
10.20 **The Exorcist** Occult horror starring Max von Sydow, Linda Blair and Jason Miller. A priest battles to exorcise a powerful demon possessing a young girl. (1973, 18, 121 min) ★★★★★
12.25 AM **Heart Eyes** Horror comedy with Mason Gooding and Olivia Holt. (2025, 15, 97min) ★★★★
2.10 **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
4.15 **to 6.20** AM **Logan's Run** Sci-fi adventure starring Michael York. (1976, PG, 115min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.50 AM **Scooby-Doo 2: Monsters Unleashed** As 11.55pm.
8.25 **Grand Prix of Europe** Animation. (2025, U, 85min)
10.05 **Wicked (Singalong Version)**
12.50 PM **PREMIERE Wicked: For Good** As shown at 6.00pm.
3.15 **Wicked (Singalong Version)** Musical fantasy adventure. (2024, PG, 160min) ★★★★
6.00 **PREMIERE Wicked: For Good** Musical fantasy sequel. (2025, PG, 137min) ★★★



3.15 Wicked

8.25 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Scooby-Doo** Live-action comedy adventure based on the Hanna-Barbera cartoon series, starring Freddie Prinze Jr and Sarah Michelle Gellar. (2002, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
1.40 AM **MouseHunt** Comedy. (1997, PG, 98min) ★★★★
3.30 **Sky Cinema Preview**
4.15 **to 6.00** AM **Charlotte's Web** Screen version of EB White's classic children's book. (2006, U, 97min) ★★★

Sky Cinema Action

306 306 407 507 521

6.05 AM **The 7th Voyage of Sinbad** Fantasy. (1958, U) ★★★★
7.45 **Skyscraper** Action thriller. (2018, 12, 102min) ★★★
9.35 **Nobody 2** As 3.40am.
11.15 **Bad Boys II** Action comedy sequel. (2003, 15) ★★★
1.45 PM **Bumblebee** *Transformers* prequel. (2018, PG) ★★★★
3.40 **Olympus Has Fallen** Action thriller. (2011, 15, 119min) ★★★
5.50 **Spider-Man** Fantasy. (2002, 12, 121min) ★★★★

5.50 Spider-Man

8.00 **Spider-Man 2** Fantasy adventure sequel starring Tobey Maguire. Tempted to abandon his secret identity as crime-fighting superhero Spider-Man, Peter Parker finds his special powers are required to combat a new criminal adversary. (2004, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. (2024, 12, 169min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **Gladiator II** Historical drama sequel with Paul Mescal. (2024, 15, 148min) ★★★
3.40 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★
5.15 **to 7.15** AM **Green Lantern** Adventure. (2011, 12) ★★

Sky Cinema Comedy

308 308 408 508 522

7.40 AM **Honey Don't!** Comedy thriller. (2025, 15, 89min) ★★★
9.15 **Billy Madison** (1995, PG) ★★
11.00 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
12.55 PM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
2.35 **Bridget Jones: Mad About the Boy** (2024, 15) ★★★★
4.45 **Police Academy 3: Back in Training** (1986, PG) ★
6.15 **Big Daddy** Comedy. (1999, 12, 95min) ★★★

10.00 Risky Business

8.00 **Yesterday** Comedy written by Richard Curtis, directed by Danny Boyle and starring Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Risky Business** Comedy drama starring Tom Cruise. A teenager turns his house into a brothel while his parents are away. (1983, 18, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Whole Nine Yards** Black comedy. (2000, 15) ★★★
1.20 AM **National Lampoon's Vacation** Comedy with Chevy Chase. (1983, 15, 95min) ★★
3.00 **Zoolander** Comedy. (2001, 12, 89min) ★★★★
4.35 **The Cinema List: Remakes**
4.50 **to 6.40** AM **Central Intelligence** Action comedy. (2016, 12, 107min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.05 AM **Juror #2** As 8.00pm.
9.05 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
11.40 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
1.40 PM **The Bourne Identity**
3.40 **Vanilla Sky** Fantasy drama, a remake of the Spanish film *Open Your Eyes,* starring Tom Cruise. (2001, 15, 136min) ★★★
6.00 **Ocean's Eleven** Caper thriller starring George Clooney. (2001, 12, 116min) ★★★★

8.00 Juror #2

8.00 **Juror #2** Director Clint Eastwood's legal thriller starring Nicholas Hoult. While serving as a juror in a high-profile murder case, a family man grapples with a serious moral dilemma. With Toni Collette and JK Simmons. (2024, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

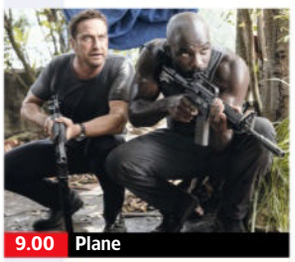
10.00 **The Bourne Identity** Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Detroit** Fact-based drama starring John Boyega. (2017, 15, 143min) ★★★★
2.30 **The Plague** Psychological thriller starring Joel Edgerton. (2025, 15, 98min) ★★★★
4.10 **to 6.00** AM **Marlowe** Crime thriller. (2022, 15, 110min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Leave Her to Heaven** Melodrama with Gene Tierney. (1945, U, 105min) ★★★
1.15 PM **Stagecoach** Western remake starring Ann-Margret. (1966, PG, 114min) ★★
3.30 **The Long Ships** Adventure starring Richard Widmark. (1963, PG, 125min) ★★
6.10 **Independence Day** Sci-fi adventure starring Will Smith. (1996, 12, 145min) ★★★★



9.00 Plane

Independence Day (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Plane** Action thriller starring Gerard Butler and Mike Colter. A pilot is forced to ally with a murder suspect when their plane goes down in hostile land. With Yoson An and Tony Goldwyn. (2023, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Assassin Club** Thriller starring Henry Golding. An assassin is hired to kill seven people – only to discover the targets have been hired to kill him. (2023, 15, 111min) ★★
1.25 **to 3.40** AM **Death to Smoochy** Black comedy directed by Danny DeVito, starring Robin Williams. (2003, 15, 105min) ★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2026 Recap

302 302 402 502 516

6.10 AM **The Internship** Thriller. (2026, 15, 87min) ★★★
7.50 **Safe House** Crime thriller. (2025, 15, 90min) ★★★
9.25 **Dead Man's Wire** Thriller. (2025, 15, 104min) ★★★★
11.15 **We Bury the Dead** Horror. (2024, 15, 94min) ★★★★
1.00 PM **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
2.45 **One Battle After Another** Oscar-winning action thriller. (2025, 15, 161min) ★★★★★
5.30 **The Shadow's Edge** Action thriller. (2025, 15, 141min) ★★★
8.00 **PREMIERE Wicked: For Good** Musical fantasy sequel starring Cynthia Erivo and Ariana Grande. Elphaba, the Wicked Witch of the West, must reunite with Glinda the Good to transform herself – and Oz. With Jeff Goldblum and Jonathan Bailey. (2025, PG, 137min) ★★★
10.30 **Fuze** Thriller starring Theo James. (2026, 15, 87min) ★★★
12.15 AM **The Conjuring: Last Rites** Supernatural horror thriller. (2025, 15, 135min) ★★★
2.35 **Adulthood** Comedy drama. (2025, 15, 97min) ★★★
4.20 **to 6.00** AM **They Will Kill You**

Sky Cinema Greats

307 307 404 504 518

7.25 AM **True Grit** As 5.20am.
9.35 **Full Metal Jacket** As 3.15am.
11.35 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
1.45 PM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
4.10 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
6.10 **Dirty Harry** Poilce thriller. (1971, 15, 103min) ★★★★★
8.00 **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. A bodyguard falls in love with the superstar singer-actress he has been assigned to protect. (1992, 15, 129min) ★★★
10.10 **The Green Mile** Supernatural prison drama with Tom Hanks and Michael Clarke Duncan. A Depression-era prison guard encounters a death-row inmate who possesses a magical gift. (1999, 18, 189min) ★★★★
1.15 AM **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
3.15 **Full Metal Jacket** Stanley Kubrick's Vietnam War drama. (1987, 15, 115min) ★★★★
5.20 **to 7.35** AM **True Grit** Oscar-winning Western. (1969, PG, 128min) ★★★★★

Disney+ Cinema

305 305

6.00 AM **Bambi** Classic cartoon. (1942, U, 69min) ★★★★★
7.20 **The Tigger Movie** Cartoon. (2000, U, 77min) ★★★
8.40 **A Goofy Movie** Animated comedy. (1995, U, 78min) ★★
10.00 **Mary Poppins Returns** Musical fantasy starring Emily Blunt. (2018, U, 130min) ★★★★
12.10 PM **Mulan** Animated adventure. (1998, U, 88min) ★★★
1.45 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
3.15 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
5.05 **Hercules** Animated adventure. (1997, U, 92min) ★★★★
6.40 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure starring Georgie Henley. (2005, PG, 140min) ★★★★
9.00 **Guardians of the Galaxy Vol. 2** Fantasy adventure starring Chris Pratt. (2017, 12, 136min) ★★★
11.15 **Deadpool & Wolverine** Superhero adventure sequel. (2024, 15, 128min) ★★★★
1.20 AM **A Complete Unknown** Biopic. (2024, 15) ★★★★
3.45 **to 6.00** AM **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** As 6.40pm.

Movies 24

312 313 419

7.00 AM **The Christmas Quest** Adventure with Lacey Chabert. (2024, PG, 90min) ★★
9.00 **The Santa Summit** Romantic drama. (2023, PG, 90min) ★★
11.00 **Three Wisest Men** Comedy drama. (2025, PG, 84min) ★★
1.00 PM **Christmas in Maple Hills** Drama. (2023, PG, 90min) ★★
3.00 **This Time Each Year** Romantic drama. (2024, PG, 84min) ★★
5.00 **To All a Good Night** Romantic drama. (2023, PG, 90min) ★★
7.00 **Happy Howlidays** Romantic drama starring Jessica Lowndes and Ezra Moreland. A website editor and a dog shelter owner who are both alone at Christmas bond over caring for their dogs. (2024, PG, 84min) ★★
9.00 **A Christmas for the Ages** Comedy drama starring Natasha Bure. (2023, PG, 85min) ★★
11.00 **Trivia at St Nick's** Festive comedy. (2024, PG, 84min) ★★
1.00 AM **A Keller Christmas Vacation** Festive drama. (2025, PG, 89min) ★★
3.00 **to 5.00** AM **Santa Tell Me** Romantic drama starring Erin Krakow. (2024, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Death of an Angel** Mystery. (1951, b/w, PG, 64min) ★★★
7.15 **Dusty Ermine** Thriller. (1936, b/w, U, 74min) ★★★
9.00 **Crooks in Cloisters** Comedy caper. (1963, U, 97min) ★★★
11.00 **The Lucy Show** 8/22. (S5)
11.30 **Stage 7** 15/25. (S1)
12.00 NOON **Danger UXB** 7/13. (S1)
1.05 PM **The Edgar Wallace Mystery Theatre** 9/9. (S4)
2.35 **The Adventures of Robin Hood**
3.05 **The Switch** Crime drama. (1963, b/w, U, 69min) ★★★
4.30 **The Cheaters** 7/27. (S2)
5.00 **A Family at War** 10/13. (S1)
6.00 **Hannay** 4/7. (S2)
7.00 **Z Cars** 25/42. (S3)
8.00 **Public Eye** 10/13. (S5)
9.05 **Angel** Thriller starring Donna Wilkes and Cliff Gorman. (1984, 18, 94min) ★★★
11.00 **Cellar Club with Caroline Munro**
11.05 **Supernatural** 2/8. (S1)
12.05 AM **Cellar Club with Caroline...**
12.10 **Messiah of Evil** Horror thriller. (1973, 18, 89min) ★★★
1.55 **Cellar Club with Caroline Munro**
2.00 **The Man with the Golden Arm** Otto Preminger's drama. (1955, b/w, 15, 119min) ★★★
4.30 **The Vise** 9/39. (S1)
5.00 **to 6.00** AM **The Rogues**

Friday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.30 **LIVE DP World Tour Golf** Coverage of day two of the Scottish Open, taking place at Renaissance Club, North Berwick.
10.00 **LIVE Women's Test Cricket England v India.** Coverage of the first day of the one-off Test, taking place at Lord's in London.
6.55 PM **LIVE T20 Blast Lancashire Lightning v Yorkshire.** Coverage of the North Group match from Old Trafford, Manchester. These two sides last met in the reverse fixture at Headingley in early June as Yorkshire claimed a victory.
10.30 **LIVE PGA Tour Golf** Day two of the ISCO Championship, staged at Hurstbourne Country Club in Louisville, Kentucky.
12.00 M'T **World Cup Report** A round-up of he day's news.
1.30 AM **LIVE Major League Cricket San Francisco Unicorns v LA Knight Riders.** Coverage of the T20 match from Grand Prairie Stadium in Texas.
5.30 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights**
2.00 PM **SNF** Highlights from Aston Villa v Nottingham Forest.
2.30 **Premier League Highlights**
3.30 **SNF** Bournemouth v Arsenal.
4.00 **Premier League Highlights** Tottenham Hotspur v Sunderland.
4.30 Everton v Brentford.
5.00 Fulham v Liverpool.
5.30 Action from Newcastle United v Crystal Palace.
6.00 Manchester City v Chelsea.
6.30 **Premier League Stories** A look at Mauricio Pochettino's Tottenham Hotspur team.
7.00 **Transfer 360** The story of John Obi Mikel's transfer to Chelsea.
7.30 Focusing on former Premier League star Gareth Barry.
8.00 **Netbusters** Fast-paced highlights.
9.00 **Premier League Stories**
9.30 **Transfer 360** Gareth Barry.
10.00 **Gary Neville's Soccerbox**
11.00 **Premier League Years**
1.00 AM **PL Retro** Newcastle v Manchester United from 1996/97.
2.45 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Craig Brown: My Scotland**
8.30 **There's Only One Sauzee**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Championship Retro**
2.00 PM **Jimmy Glass: Great Escape**
2.30 **EFL Rivalries** East Anglian derby.
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Final 16**
5.00 **SPFL Highlights**
5.30 **EFL Greatest Games**
6.00 **Retro League One**
8.00 **EFL Rivalries** Second City derby
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Final 17**
11.00 **SPFL: Old Firm Derby Best Goals** Memorable goals.
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Archive action.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 25/26**
5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **International T20 Cricket**
7.00 **ICC Women's World Cup 2017**
7.30 **Women's ICC T20 World Cup** Highlights of the final from Lord's.
8.00 **Women's International One-Day Cricket** Highlights of England v New Zealand.
10.00 **LIVE Women's Test Cricket England v India.** Coverage of the first day of the one-off Test from Lord's, London. The last time these two sides met in a Test match was in India in December 2023, when England were hammered in Mumbai.
6.55 PM **LIVE T20 Blast Lancashire Lightning v Yorkshire.** Coverage of the North Group match, taking place at Old Trafford, Manchester.
10.30 **LIVE Major League Cricket MI New York v Seattle Orcas.** Coverage of the T20 match from Grand Prairie Stadium in Texas.
1.15 AM **LIVE Major League Cricket San Francisco Unicorns v LA Knight Riders.** Coverage of the T20 match from Grand Prairie Stadium in Texas.
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Rose Ladies Series**
6.30 **HotelPlanner Tour Golf**
7.00 **Chronicles of a Champion Golfer** A profile of Rory McIlroy.
7.30 **LPGA Tour Golf**
8.30 **LIVE DP World Tour Golf** Coverage of day two of the Scottish Open, taking place at Renaissance Club in North Berwick.
7.00 PM **Scotland's Greatest Golf Holes** Featuring Muirfield.
8.00 **LPGA Tour Golf**
9.00 **LIVE PGA Tour Golf** Day two of the ISCO Championship, staged at Hurstbourne Country Club in Louisville, Kentucky.
12.00 M'T **Rose Ladies Series**
12.30 AM **LPGA Tour Golf**
1.30 **School of Golf**
2.00 **The Open – Official Films**
4.00 **LPGA Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP/WTA Tour Matches**
7.00 **Best of Federer**
8.00 **US Open Tennis**
9.00 **Best of The US Open 2025**
11.00 **Tennis** The Indian Wells Open.
11.30 **ATP Tennis** Highlights.
1.30 PM **WTA Tennis**
3.30 **Best of Serena Williams**
4.30 **ATP/WTA Tour Classic Matches**
5.30 **Tennis** The Miami Open.
6.00 **WTA & ATP Tennis**
7.00 **US Open Tennis**
8.00 **Best of The US Open 2025**
10.00 **ATP/WTA Tour Classic Matches**
11.00 **ATP Tennis** The ATP Halle Open.
12.00 M'T **ATP/WTA Tour Matches**
1.00 AM **Best of Federer**
2.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **The Gruppetto**
7.15 **Cycling Essential Stories**
7.30 **AFL** Recent action.
9.00 **Wimbledon** Action from day 11.
10.30 **Cycling Essential Stories**
10.45 **The Gruppetto**
11.00 **Tour de France Highlights**
12.00 NOON **LIVE Tour de France** Coverage from the seventh stage of the men's race, a 175.1km route from Hagetmau to Bordeaux.
5.00 PM **Race Bikes**
5.30 **Tour de France Highlights**
6.00 **European Rally Championship**
6.30 **AFL** Recent action.
8.00 **Tour de France Men Highlights**
9.00 **British Superbikes Highlights**
10.00 **Wimbledon** Action from day 12.
11.30 **MLB Plays of the Week**
12.00 M'T **LIVE MLB Cincinnati Reds v Chicago Cubs.** Coverage of the National League match from Great American Ball Park. Start-time **12.10am.**
3.00 AM **LIVE NWSL Utah Royals FC v NJ/NY Gotham FC.** From America First Field in Sandy. Kick-off **3.00am.**
5.15 **TNT Sports Reload**
5.30 **to 6.00** AM **MotoGP**

TNT Sports 2

411 414 522 409 431

6.00 AM **British Superbikes**
7.00 **MotoGP Rewind**
8.00 **LIVE MotoGP** The Grand Prix of Germany first free practice session.
10.45 **MotoGP Rewind**
12.15 PM **LIVE MotoGP** The Grand Prix of Germany practice session.
3.15 **MotoGP Films**
3.30 **Endurance Uncovered: Racing for Excellence**
4.00 **Golden Trail World Series**
4.30 **LIVE UCI Mountain Bike World Series** The women's and men's elite cross country short track race.
6.45 **TNT Sports Reload**
7.00 **MotoGP** Grand Prix of Germany.
7.30 **MotoGP Films**
8.00 **The Gallagher PREM**
9.30 **Golden Trail World Series**
10.00 **MLB Highlights**
11.00 **UCI Mountain Bike World Series** From Pal Arinsal, Andorra.
12.00 M'T **Muddy Roots of Football**
1.30 AM **IFSC Climbing World Series**
2.30 **AFL** Recent action.
4.00 **to 7.00** AM **LIVE AFL St Kilda Saints v Port Adelaide Power.** From Marvel Stadium in Melbourne. Bounce-up **4.15am.**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
9.00 **State of Origin Rugby League**
11.00 **LIVE NRL Wests Tigers v New Zealand Warriors.** Coverage from Campbelltown Sports Stadium in Sydney. Kick-off **11.00am.**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
4.45 **State of Origin Rugby League**
5.00 **NFL Bitesize Highlights**
5.30 **Super League Highlights**
6.00 **NFL Highlights**
7.00 **NBA on Fire**
7.30 **LIVE Super League Wigan Warriors v Warrington Wolves.** Coverage of the match from the 18th round of fixtures, staged at the Brick Community Stadium. Kick-off **8.00pm.**
10.30 **NFL Bitesize Highlights** Seattle Seahawks v San Francisco 49ers.
10.45 **Super League Highlights**
11.00 **NFL Highlights**
12.00 M'T **The Insiders**
1.00 AM **Super League Highlights**
2.00 **Super League**
4.45 **NFL Highlights**
5.45 **to 6.00** AM **Women's Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **World Cup Matchday**
11.00 **LIVE LPGA Tour Golf** Coverage of day two of the Evian Championship, taking place at Evian Resort Golf Club in Évian-les-Bains, France. Céline Boutier remains the only Frenchwoman to triumph at this event, when she lifted the trophy after finishing six strokes ahead of Canada's 2022 champion Brooke Henderson three years ago.
5.00 PM **World Cup Matchday**
7.00 **World Cup Show**
7.30 **LIVE Super League Wigan Warriors v Warrington Wolves.** Coverage of the match from the 18th round of fixtures, staged at the Brick Community Stadium. Kick-off **8.00pm.**
10.15 **Women's Test Cricket** The first day of the one-off Test between England and India from Lord's.
11.15 **World Cup Report**
12.00 M'T **Women's Test Cricket**
12.15 AM **EFL Greatest Games**
1.00 **Premier League Darts**
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **LPGA Tour Golf**
8.00 **State of Origin Rugby League**
10.00 **LIVE Women's Test Cricket** England v India. The first day of the one-off Test from Lord's.
2.55 PM **LIVE Women's T20 Blast Lancashire Thunder v Yorkshire.** Coverage of the group match from Old Trafford, Manchester.
6.30 **International T20 Cricket**
8.00 **LPGA Tour Golf**
9.00 **Women's State of Origin**
9.15 **LIVE Major League Cricket MI New York v Seattle Orcas.** overage of the T20 match from Grand Prairie Stadium in Texas.
1.30 AM **One Championship Weekly**
2.00 **State of Origin Rugby League**
3.00 **PL Greatest Games**
3.45 **LIVE NRLW North Queensland Cowboys v Wests Tigers.** Kick-off **3.45am.**
5.45 **to 6.00** AM **PL Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League**
10.30 **LIVE AFL Collingwood Magpies v North Melbourne Kangaroos.** Coverage from Marvel Stadium in Melbourne. Bounce-up **10.40am.**
1.30 PM **Test Cricket Highlights**
3.30 **IFSC Climbing World Series**
4.30 **Sign Up – Into Football**
5.30 **MLB Highlights**
6.30 **Ultimate Pool** Action from the Group 4 matches in the Champions League tournament.
8.00 **Test Cricket Highlights** West Indies v Sri Lanka in the second and final Test of the series.
10.00 **Fight Week** A preview of Conor McGregor's return to the UFC.
10.30 **UFC Countdown**
11.30 **UFC Fight Flashback**
1.00 AM **MotoGP**
1.30 **Tour de France Highlights**
2.30 **Wimbledon** Action from day 12.
4.00 **Golden Trail World Series**
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 4

414 416 524 411 434

6.00 AM **Highlights**
6.45 **Test Cricket Highlights**
8.45 **Ultimate Pool** Champions League.
10.15 **LIVE World Superbikes** From Donington Park Circuit.
11.15 **World Superbike Rewind**
11.30 **Sign Up – Into Football**
12.30 PM **MLB** Highlights.
2.00 **LIVE Women's Circuit Racing World Championship** From Donington Park Circuit.
2.45 **TNT Sports Reload**
3.00 **LIVE World Superbikes** From Donington Park Circuit.
4.45 **British Superbikes Highlights**
5.45 **Fishing: On the Bank**
6.45 **Formula E World Championship**
8.45 **TNT Sports Reload**
9.00 **IFSC Climbing World Series**
10.00 **The Gallagher PREM**
12.00 M'T **UEFA Champions League**
12.30 AM **Test Cricket Highlights**
2.30 **UCI Mountain Bikes**
3.30 **to 6.00** AM **Highlights**

Premier Sports 1

419 APP 528

6.00 AM **NASCAR Highlights**
7.00 **World Surf League**
8.00 **European Le Mans Series**
9.00 **DTM Motorsport Highlights**
10.00 **NHL Ice Hockey**
12.00 NOON **Swedish Speedway** Action from a Elitserien meeting.
2.00 PM **Sporting Greats**
3.00 **World Surf League** Action from the Surf City El Salvador Pro.
4.00 **NASCAR Highlights** Action from the 2026 eero 400.
5.00 **Rugby Junior World Championships** Action from South Africa U20 v Wales U20.
7.00 **Sporting Greats**
7.30 **Rugby Junior World Championships** Action from Spain U20 v Fiji U20.
9.30 **NHL Ice Hockey** Carolina Hurricanes v Vegas Golden Knights.
11.30 **European Le Mans Series**
12.30 AM **DTM Motorsport Highlights**
1.30 **EUT20 Belgium**
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 APP 529

6.00 AM **United Rugby Championship** The semi-finals.
10.00 **Football's Greatest**
10.30 **Temples of Sport**
11.00 **EUT20 Belgium** Action from the seventh play-off match in the T20 cricket competition between Brussels and Bruges from Stars Arena in Hofstade, Belgium.
3.00 PM Action from the final of the T20 cricket competition from Stars Arena in Hofstade, Belgium.
7.00 **Temples of Sport** Iconic sporting venues from around the globe.
7.30 **Football's Greatest** The finest players discuss their careers.
8.00 **United Rugby Championship** Action from Glasgow Warriors v Bulls in the first semi-final.
10.00 Action from Leinster v Stormers in the second semi-final.
12.00 M'T **Temples of Sport**
1.00 AM **EUT20 Belgium** Action from the third play-off match.
5.00 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
10.00 **F1 Academy Highlights**
12.00 NOON **Formula 2 Championship**
2.20 PM **Cirque De Soleil Feature**
2.30 **Formula 3 Championship**
4.30 **Formula 1** British Grand Prix.
6.45 **F1 Feature**
7.00 **F1 Academy Highlights**
9.00 **F1 Academy: Weekend Wrapped** British Grand Prix.
9.30 **GB3 Championship Highlights**
10.30 **Formula 1** British Grand Prix.
12.30 AM **F1 Academy: Weekend Wrapped** British Grand Prix.
1.00 **The Best of F1**
2.00 **F1 Explained**
3.00 **The Best of F1**
4.00 **F1 Explained**
5.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Next week *On sale Tuesday 7 July*

Ann Droid

BBC1's comedy sees Diane Morgan play humanoid robot Linda, who is charged with taking care of pensioner Sue (Sue Johnston), and a bond soon develops between them.

The Westies

Trouble brews between a ruthless New York City criminal gang and the FBI in MGM+'s 1980s-set drama starring JK Simmons, Titus Welliver and Tom Brittney.

The Hawk

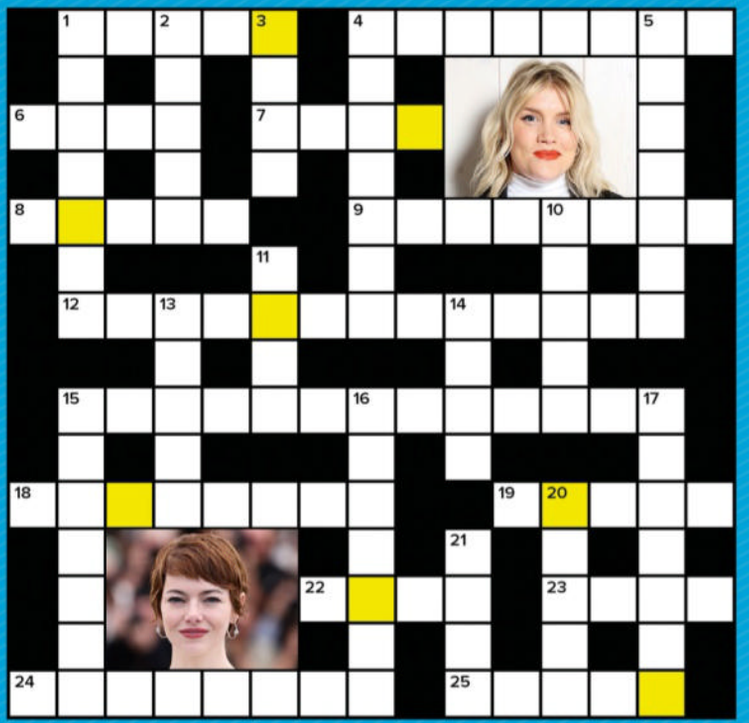
Will Ferrell tees off in Netflix's comedy about former top golfer Lonnie Hawkins, who tries to make a comeback in a bid to achieve the sport's Grand Slam.

The Dark

In ITV1's Scotland-set crime thriller, DI Monica Kennedy (Laura Donnelly) and DC Connor Crawford (Mark Rowley) hunt for a serial killer targeting young men.

Crossword

Solve the clues in our just-for-fun crossword puzzle and rearrange the shaded squares so the letters spell out the name of a British athlete and presenter (3,5). Answers at the bottom of the page – no cheating!



ACROSS

1 Puppet fox, ----- Brush (5)
4 *Monkey* --------, 1931 film with the Marx Brothers, or a Black Eyed Peas album from 2005 (8)
6 American actor who has starred in dramas *Billions* and *Orange Is the New Black*, ---- Kate Dillon (4)
7 Actor in *Criminal Minds*, Matthew ---- Gubler (4)
8 See picture clue: Oscar-winning star of 2016's critically acclaimed musical *La La Land*, Emma ------ (5)
9 Classic American sitcom set in Manhattan (8)
12 Bass player in British rock band The Beatles (4,9)
15 Sitcom with Dawn French, *The* ------ -- ------- (5,2,6)
18 Pamela --------, star of *Baywatch* and 1996 movie *Barb Wire* (8)
19 Former *Dancing on Ice* presenter, ------ Willoughby (5)
22 ---- Postlethwaite, actor who starred in 1996's *Brassed Off* (4)
23 Singer of 1992 hit *Constant Craving*, k.d. ---- (4)
24 Narrator of sitcom *How I Met Your Father*, Kim -------- (8)
25 ----- Dexter, Kirsty-Leigh Porter's character in E4 soap *Hollyoaks* (5)

DOWN

1 1956 Marilyn Monroe movie, or a song by The Hollies from 1966 (3,4)
2 ----- Evans, starred as DC Morse in *Endeavour* (5)
3 Former *Top of the Pops* dance troupe, ---- & Co (4)
4 Sky comedy-drama series with Michelle Keegan (7)
5 ------- Ballas, head judge on *Strictly Come Dancing* (7)
10 ----- *Destination*, supernatural-horror film released in 2000 (5)
11 *Lupin* star, ---- Sy (4)
13 BBC sitcom that starred Nick Helm and Daisy Haggard (5)
14 1989 movie starring Dustin Hoffman, ---- *Man* (4)
15 ------- Rishi, played nurse Lucky Simpson in BBC1's *Holby City* (7)
16 See picture clue: Emerald -------, starred as Camilla Parker Bowles in Netflix hit *The Crown* (7)
17 ------- Kettle, played Joy Pelling in political drama *Roadkill* (7)
20 Laurel and Hardy biopic from 2019, *Stan &* ----- (5)
21 John ----, late English radio host who championed new music (4)

CROSSWORD SOLUTION
ANSWER: TOM DALEY ACROSS: 1 Basil 4 Business 6 Asia 7 Gray 8 Stone 9 Seinfeld 12 Paul McCartney 15 Vicar of Dibley 18 Anderson 19 Holly 22 Pete 23 Lang 24 Cattrall 25 Leela
DOWN: 1 Bus Stop 2 Shaun 3 Legs 4 Brassic 5 Shirley 10 Final 11 Omar 13 Uncle 14 Rain 15 Vineeta 16 Fennell 17 Yolanda 20 Ollie 21 Peel

WORDS: CAREN CLARK. PHOTOS: GETTY, BBC, ITV, NETFLIX, MGM+

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Coming soon

Peter, Tom and Amanda

FIRST LOOK

The Whisper Man

Robert De Niro and Adam Scott play father and son in a dark thriller

A troubled family is brought together amid the hunt for a missing child and the far-reaching fallout from the crimes of a twisted murderer, in Netflix's forthcoming drama *The Whisper Man*.

The film, available from Friday 28 August, is based on Alex North's novel, and sees Adam Scott play Tom Kennedy, a widowed crime writer who is distraught when his eight-year-old son Jake (Acston Luca Porto) is abducted. Reluctantly, he is forced to reunite with his estranged father, retired detective Peter Willis, played by Robert De Niro, and ask him for help.

Many years before, Peter arrested 'The Whisper Man', a sick serial killer, who was sent to jail and became the subject of a sinister playground rhyme. But as a disturbing connection to the past emerges, can Peter shed light on why his grandson and other children are now disappearing?

Jake and dad Tom

Michelle Monaghan co-stars as detective Amanda Beck, while Michael Keaton, John Carroll Lynch, Hamish Linklater, Owen Teague and Will Brill also appear.

FAMILY MATTERS

'*The Whisper Man* is a gripping thriller. However, at its core is a poignant and complex story of fathers and sons,' says producer Angela Russo-Otstot.

'We are grateful to have one of the finest actors of his generation, Robert De Niro, anchoring that story, with the remarkable James Ashcroft directing the film.'

Culinary shows to look forward to

Tucci in Great Britain

In National Geographic and Disney+'s five-part series, Hollywood star Stanley Tucci will sample Britain's varied food culture.

Next on the Menu

Ellie Taylor will host C4's series, in which contestants create dishes for iconic food brands, but could they be sold in stores?

Knife Edge: Chasing Michelin Stars

A second run of Apple TV's docuseries sees chefs battle for the coveted rating.

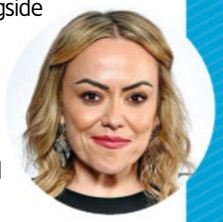
WHAT'S NEXT FOR...

Sheridan Smith

The actor will narrate BBC1's animation **The Baddies** this festive season, which is adapted from Julia Donaldson and Axel Scheffler's children's book. Rob Brydon and Alison Steadman provide voices.

Sian Reese-Williams

In ITV and S4C's Swansea-set comedy drama **Santa Maria**, the actor will star alongside Matthew Gravelle and Richard Harrington in the tale of two very different families who become linked by cleaner Maria.



Julie Hesmondhalgh

BBC1's three-part prequel **Call the Midwife: Sisters in Arms**, airing at Christmas, sees the actor play Sister Alice, as the residents of Nonnatus House help the Poplar community during World War Two.

Coming Back

Peter Davison is joining the fourth run of 5's **The Good Ship Murder** as ex-cop Eddie Grayling, who will solve crimes with cruise-ship-singer son Jack (Shayne Ward, pictured with Davison). Fiona Allen plays new captain Serena Teller.

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Pre-Planted Basket ~~£32.99~~ £18.00

Fruit Salad 25cm
Pre-Planted Basket ~~£24.99~~ £14.00

Petunia 'Surfinia' 25cm
Pre-Planted Basket ~~£28.99~~ £14.00

Fuchsia Trailing 35cm
Pre-Planted Basket ~~£32.99~~ £18.00

Sherbet Lemon 35cm
Pre-Planted Basket ~~£34.99~~ £18.00

Mixed Bedding 20cm
Pre-Planted Basket ~~£24.99~~ £12.00

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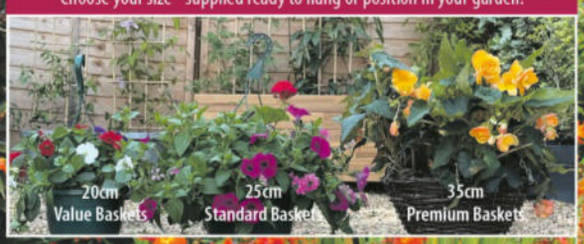

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